



Double Delight Dinner Buffet
at The Island View Restaurant
1st – 30th September

九月號

薈
絮

PACIFIC VIEWS

September 2025



Create Cherished Memories in the Chairman's Room

太平洋會主席廳 — 為你締造珍貴回憶

Experience the charm of the Chairman's Room on the 3rd floor, the Club's most exclusive setting for exclusive gatherings. Perfect for hosting an elegant corporate dinner or a private family celebration, this beautifully appointed space accommodates 10 to 24 guests and offers a refined ambience that ensures every occasion feels exceptional.

Enjoy an atmosphere defined by fine dining, attentive service and engaging conversation. Reservations are available daily and may be made up to three months in advance.

Choose from our distinguished Chinese or Western set menus, each designed to appeal to a wide range of tastes. Our dedicated Banqueting Team will take care of every detail, providing a seamless and truly memorable experience.

The Chairman's Room offers an ideal setting for your next event.

For availability and menu details, please contact the Banqueting and Events team on 2118 2295 or 2118 2851.

前來位於三樓的主席廳 — 本會最受歡迎的私人聚會場地 — 舉行一場令人難忘的午餐或晚餐聚會。無論是商務晚宴或溫馨的家庭聚會，這個可容納10至24位賓客的私人空間，都是舉辦聚餐活動的理想場所。

享受精緻的餐飲、周到的服務和輕鬆交談的氛圍，這廂房每日開放預訂，最長可提前三個月預訂。

我們將供應不同選擇的特色中式或西式套餐，定能滿足各種口味需求。我們專業的宴會團隊將悉心安排每個細節，為你打造完美難忘的用餐體驗。

切勿錯過在主席廳舉辦下一次難忘聚會的機會。

查詢詳情，請致電 2118 2295 或 2118 2851 與本會宴會及活動統籌部聯絡。

Board of Governors

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Bookings 預約及查詢電話

Gym	健身室	2118 1863
Membership	會籍部	2118 1802
2/F Reception	二樓接待處	2118 1890
G/F Reception	地下接待處	2118 1828
Tennis	網球部	2118 1707
The Island View	西餐廳	2118 1846
Pier 6 Restaurant	扒房	2118 1878
Bauhinia Restaurant	紫荊閣	2118 1892
Bowling Alley & Bar	保齡球館及酒吧	2118 1845
Capricci	意大利餐廳	2118 1803
Banqueting	宴會部	2118 1824
Hair Salon	髮廊	2118 1893
The Spa	美容部	2118 1890

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A NOTE FROM THE GM 總經理摘記



Dear Members

As we move into September, the Pacific Club offers many opportunities to relax, dine well, and enjoy time with family and friends. Whether dining at your favourite restaurant, joining one of our special events, or taking part in a fitness programme, the Club is here to make each visit a memorable one.

At The Island View, Our Double Delight Dinner Buffet takes centre stage this September, now served every evening of the week. To celebrate, Members can enjoy an exclusive Buy One Get One Free promotion, making it the ideal choice for family dinners and gatherings with friends. The Buffet showcases a wide array of culinary favourites, from Bone-in Prime Rib carved to order and a rich Lobster Bisque, to a plentiful display of Seafood on Ice, and much more. Younger guests will enjoy a dedicated Kids' Station, while the finale brings creamy Soft Ice Cream and an indulgent dessert selection to complete the experience. Full details are on page 3.

On a sweet note, the Pastry of the Month is a new addition that debuted last month and has already been warmly embraced by Members. For September, our Chefs present the Matcha Mille-feuille Crêpes Cake. Delicately layered, light and flavourful, it is available daily in all outlets from 12.00 noon.

Looking ahead to next month, National Day on Wednesday, 1st October, promises a spectacular evening with front-row views of the Victoria Harbour fireworks. Choose from a variety of dining options, including the indulgent Crab Craze Dinner Buffet at The Island View and Pier 6, the Bauhinia Set Dinner, or a Family Style Italian Menu at Capricci. Pages 5 and 6 carry the full information, and reservations are essential for this special night.

The Mid-Autumn Festival follows shortly after, with a Chinese Lunch Buffet from 1st to 7th October at The Island View, featuring seasonal favourites such as steamed Garoupa, Roasted Meats, Pomelo Delights, and Chef Keung's famous homemade Mooncakes. Turn to page 7 to discover more. On the evenings of 6th and 7th October, the Mid-Autumn Festival Dinner Buffet presents culinary treasures from Braised Fish Maw to Steamed Hairy Crab and Roasted Suckling Pig, alongside sweet Lotus and Taro Creations. See page 8 for details.

For those seeking a focus on health and fitness this month, we are pleased to offer a promotion on Personal Training and Pilates packages. With tailored programmes from our experienced coaches, Members can take advantage of special savings while working towards improved strength, flexibility, and overall wellbeing. We are also delighted to welcome Tree Ma to the Club as our new coach in stretching exercises and jazz dance. With over 15 years of teaching experience, his dynamic approach is sure to bring fresh energy and inspiration.

I look forward to seeing you around the Clubhouse this month

尊貴的會員，

踏入9月，太平洋會將為大家帶來一連串讓你放鬆身心、享用美食及與家人朋友共度美好時光的機會。無論是想在喜愛的餐廳用餐、參加我們特別安排的活動，還是參與健身計劃，本會都將竭誠為大家打造難忘的體驗。

本月份，我們將重點推介 Island View 餐廳於每星期每晚舉行的自助晚餐，並送上會員尊享的「買一送一」優惠，是舉行家庭聚餐及與朋友小聚的理想之選。在這自助餐中將供應各式各樣的特色美食，從即點即切的帶骨上等肋排、濃郁的龍蝦湯，到琳瑯滿目的冰鎮海鮮，應有盡有；小朋友也可以享用專為他們而設的兒童美食區，而壓軸的則是香濃的軟雪糕及選擇豐富的甜點，為用餐體驗畫下圓滿的句號。詳情請參閱第3頁。

說到甜點，剛於上個月推出的「每月精選糕點」受到會員的熱烈歡迎。至於9月份，我們的糕點師傅將為大家帶來「抹茶千層蛋糕」。這款蛋糕層次豐富，口感輕盈，風味濃郁，於每日中午12時起在所有餐廳及酒吧供應。

展望下個月，10月1日（星期三）國慶日將會是一個精彩絕倫的夜晚，因為大家可以在近距離欣賞維多利亞港的煙花匯演。本會將為當晚提供豐富的美食選擇，包括 Island View 及 Pier 6 餐廳的豐盛自助蟹宴、紫荊閣的中式套餐，以及 Capricci 的意式家常晚餐。請參閱第5及6頁的完整資訊，然後向餐廳預訂參加這個特別的晚間盛會。

緊隨其後的就是中秋佳節，於10月1日至7日期間，Island View 餐廳將推出中式自助午餐，供應各種時令佳餚，例如蒸石斑魚、烤肉、柚子菜式及強師傅著名的自家製月餅。請參閱第7頁了解詳情。此外於10月6日及7日晚上，我們還會舉行中秋節自助晚餐，讓大家品嚐各種珍饈美食，從紅燒花膠到清蒸大閘蟹及烤乳豬，及以香甜的蓮蓉芋頭製作的創意菜式等。詳情請參閱第8頁。

除此之外，本月份我們亦很高興為注重健康及體態的會員推出私人健身及普拉提套票優惠。本會經驗豐富的教練將為會員度身定制個人化課程，讓大家在提升力量、靈活性及整體健康水平的同時，享受特別優惠。同時，我們也熱烈歡迎 Tree Ma 加入本會，擔任我們的伸展運動及爵士舞新教練；他擁有超過15年的教學經驗，其充滿活力的教學風格必定會為會員帶來新的動力及鼓舞。

我期待與大家在太平洋會見面。

Yours sincerely,
Ronald Loges
General Manager
羅納德 陸格 — 總經理



PACIFIC CLUB

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Double Delight Buffet at The Island View

Buy One Get One Free in September

Throughout September, The Island View presents a Daily Dinner Buffet, now available every evening.

To celebrate, we are offering an exclusive Buy One Get One Free promotion throughout September. Dine with us and enjoy a complimentary dinner of the same category, perfect for sharing with family, friends, or colleagues.

Each evening, the buffet presents a generous array of dishes prepared with the freshest ingredients.

Savour Bone in Prime Rib at the Carving Station, an abundant display of Seafood on Ice, and a rich Lobster Bisque.

Younger guests can enjoy a dedicated Kids' Station, while everyone can finish with creamy Soft Ice Cream and a tempting selection of desserts.

Available nightly in September

Adults \$448, Children 6-12 years \$298, 3-5 years \$208

Special September Offer: **Buy One Get One Free**

For reservations, please contact The Island View on 2118 1846

9 月份 Island View 餐廳自助晚餐 — 「雙倍喜悅」優惠 一人收費，二人享用

歡迎大家前來 Island View 餐廳享用每晚供應的自助晚餐。

於整個9月份，我們將推出「雙倍喜悅」優惠，每位客人蒞臨享用自助晚餐，即可多一位客人免費享用相同類別的晚餐，非常適合與家人、朋友或同事分享。

自助晚餐每晚供應豐盛的菜餚，全部均採用最新鮮的食材烹調而成。

大家可以品嚐現切烤肉區的上等帶骨肋排、琳瑯滿目的冰鎮海鮮，以及鮮味的龍蝦濃湯；小朋友也可以享用專為他們而設的兒童美食區，而每位客人都可以任意享用香濃的軟雪糕及誘人的甜點。

自助晚餐收費：

成人 \$448；小童 6-12歲 \$298, 3-5歲 \$208

9月份可享「買一送一」優惠

訂座請致電 2118 1846。



* Photographs of dishes are for reference only 食物相片只供參考



By Tommy Ko,
Membership Manager

撰文：會籍部經理 - Tommy Ko



In this month's issue, I wish to remind all Members about conducting guided tours at the Club.

We appreciate that some Members are keen on introducing our wonderful facilities to their family and friends, who may wish to become Members of the Pacific Club themselves. Please note, however, that in order to keep disturbance to other Members to a minimum, particularly in sensitive areas such as The Spa and Changing Rooms, self-arranged guided tours at the Club are not permitted.

Should you wish to introduce the Club to your family and friends, please contact the Membership Office, whose staff will be happy to schedule a guided tour during designated hours.

Your understanding and cooperation in this matter are very much appreciated.

Club Property

Members are reminded that no property of the Club may be removed from the premises. This includes items such as towels, bathrobes and newspapers etc. Members are responsible for any loss of, or damage to, Club property caused by themselves, their Nominees or their Guests.

In addition, all content, articles and photographs appearing on the Club's website and in the Club magazine are the property of the Club. These materials may not be used for any purpose without the prior written approval of the Club Management.

Termination of Reciprocal Club Agreement

Please be advised that the reciprocal arrangement with The International Sports Club of Indonesia in Jakarta is no longer in effect.

Should any Member have a specific recommendation for a potential alternative Reciprocal Club in Jakarta, please feel free to contact the Membership Office on 2118 1802.

在今期會聚中，本人想提醒各位關於參觀會所的事宜。

本會明白會員熱衷於推介會所的優越設施予其親友，希望他們可一同成為本會會員。然而當大家介紹本會設施的同時，可能會對其他會員構成不便，尤其是在水療區及更衣室的範圍，故此會員不應私下為其親友安排參觀會所。

如會員有興趣推介本會予親友，歡迎聯絡會籍部同事，並預先安排合適的時段參觀會所。

感謝各位理解與合作！

會所財物及知識產權

請各會員注意，任何人士均不得擅自拿走任何屬於會所的財物，這包括在會所內提供的物品，如毛巾、浴袍、報紙等。會員應對其本人、其提名人或賓客對會所的任何財物造成的任何損失或損壞負責。此外，會所網頁及會刊中的所有內容、文章及照片均屬於會所的知識產權，因此未經會所管理層書面批准，會員、其提名人及賓客均不得使用這些材料作任何用途。

敬希垂注！

終止海外聯繫會所協議

請注意，本會與印尼雅加達 The International Sports Club 的海外聯繫會所協議已經終止。

如會員想向本會推薦其他位於雅加達的海外會所，歡迎致電 2118 1802 與會籍部聯繫。





National Day at the Club

在太平洋會慶祝 — 中華人民共和國國慶日

Fireworks Display Dinner

Wednesday, 1st October

There's no better place to celebrate National Day than at the Pacific Club!
As always, we are offering a wide range of dining options, with a fabulous view of the glittering Victoria Harbour fireworks display from our well-positioned balconies.

Book early to avoid disappointment.

國慶日煙花匯演晚餐 — 10月1日 (星期三)

要慶祝中華人民共和國國慶的大日子，太平洋會是最適合的地點！一如以往，在國慶日當晚，本會將於各餐廳為大家安排豐富美食，同時可盡覽維港上空的精彩煙花盛況。

欲免向隅，請即訂座。

National Day Set Dinner

紫荊閣 — 國慶日精選中式套餐

Adults \$998, Children \$499

For an additional \$178, our Beverage Package includes Wine, Sake, Beer, Soft Drinks and Orange/Apple Juice.

For reservations, please call 2118 1892

收費：成人\$998，小童\$499

每位另加\$178可配搭精選餐飲，任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1892。

Bauhinia

Bauhinia Set Menu

燻叉燒、韓式醬青瓜、麻辣牛展、椒鹽紫菜豆腐

Barbecued Honey-Glazed Pork

Korean-style Spicy Marinated Cucumber

Beef Shank with Spicy Sauce

Deep-fried Bean Curd with Seaweed and Spicy Salt

黑椒炒露筍牛柳粒 拼 貴妃蝦球

Pan-fried Cubed Beef and Asparagus with Black Pepper

and Sautéed Prawns with Yuzu-Honey Sauce

羊肚菌姬松茸竹筍燉雞湯

Double-boiled Chicken Soup

with Morels, Princess Matsutake and Bamboo Fungus

紅燒七頭鮑魚伴花菇

Braised Whole Abalone with Mushroom

豉椒蒸澳洲龍蝦 (每位半隻)

Steamed Australian Lobster with Black Bean Chilli

(Half Lobster per person)

芒果布甸、蛋黃白蓮蓉包

Chilled Mango Pudding

Steamed Lotus Paste Buns with Salted Egg Yolk

* Described menu is subject to change without prior notice

以上菜單如有更改，恕不另行通知



National Day Crab Craze Dinner Buffet

The Island View及Pier 6餐廳 — 國慶日自助蟹宴

The Island View
& Pier 6

Celebrate National Day with a lavish showcase of crab specialties. Enjoy an incredible array of cold and hot creations featuring Snow, Stone, Blue, Brown and Dungeness Crab, prepared in a variety of delicious styles.

For an extra culinary highlight and spectacular centerpiece, pre-order a live Alaskan King Crab and let our chefs steam it to tender perfection.

Please note that the availability of the Alaskan King Crab is exclusively for confirmed pre-orders. To avoid disappointment, we kindly request you to reserve your live Alaskan King Crab by 15th September. The live Alaskan King Crab is priced at \$2,250/pc (approximately 2.5kg per crab) and serves 2 - 4 people.

Adults \$798, Children 6-12 years \$598, 3-5 years \$388

For an additional \$178, our Beverage Package includes Wine, Sake, Beer, Soft Drinks and Orange/Apple Juice.

For reservations, please call 2118 1846.

以享用豐盛的冷熱螃蟹菜式來慶祝國慶日，琳瑯滿目的選擇包括雪蟹、石蟹、藍蟹、麵包蟹和珍寶蟹，均以各種美味方式烹調成不同的自助餐菜式。

想將你的用餐體驗提升至極致？那就預訂一隻鮮活的阿拉斯加帝王蟹，讓我們的廚師為你烹製成鮮嫩多汁的美食吧！

請注意，鮮活阿拉斯加帝王蟹的供應僅限於已確認的預訂，欲免向隅，請於9月15日或之前預訂你的鮮活帝王蟹。預訂鮮活阿拉斯加帝王蟹：每隻\$2,250（約重2.5千克），可供2-4人享用。

自助蟹宴收費：成人 \$798

小童 6-12歲 \$598；3-5歲 \$388

每位另加\$178可配搭精選餐飲，任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1846。

National Day Family Style Dinner

Capricci餐廳 — 國慶日意式家常晚餐

Capricci

Savour the flavours of Italy this National Day at Capricci, where every dish is prepared with the finest ingredients for a truly memorable celebration.

Adults \$598, Children \$368

For reservations, please call 2118 1803.

前來Capricci餐廳品嚐意大利風味，慶祝今年的國慶日吧！這裡的每道菜式均採用最優質的食材烹製，為你帶來真正難忘的節慶晚餐。

收費：成人 \$598，小童 \$368。

訂座請致電 2118 1803。

Capricci Set Menu

Antipasti

Crispy Ravioli Marinara

Parma Ham and Parmigiano-Reggiano

Olives | Bresaola and Mortadella | Mozzarella

Grilled Peppers | Confit Tomatoes

Stracciatella Soup with Crab Meat, Spinach and Egg

Gnocchi with Porcini Mushrooms and Sage

Ossobuco Milanese with Gremolata and Saffron Polenta

Tartufo and Cannoli

*Described menu is subject to change without prior notice
以上菜單如有更改，恕不另行通知

* Final details for the fireworks display arrangements are subject to the announcement by the HKSAR Government in due course.
有關煙花匯演的詳細安排有待政府公佈。

National Day and Mid-Autumn Festival

Chinese Lunch Buffet at The Island View

慶祝國慶日及中秋節

Island View餐廳中式美食自助午餐

From 1st to 7th October, join us at The Island View for a vibrant celebration of the National Day of the People's Republic of China and the upcoming Mid-Autumn Festival.

Indulge in a Lunch Buffet bursting with flavour, showcasing an array of time-honoured favourites and seasonal specialities. Savour perfectly steamed Garoupa, Roasted Meats, freshly set Tofu and Pomelo delights, before treating yourself to our exquisite homemade Mooncakes, freshly prepared by our pastry chefs for the occasion.

With sweeping views, warm hospitality, and a menu that honours the rich traditions of Chinese cuisine, it is the perfect place to gather with family and friends for a memorable lunch experience.

於10月1日至7日期間，誠意邀請大家蒞臨Island View餐廳，與我們一同慶祝中華人民共和國國慶日及即將到來的中秋佳節。

盡情享用風味十足的自助午餐美食，品嚐一系列經典佳餚及時令特色菜，包括蒸煮完美的石斑魚、烤肉、新鮮出爐的豆腐和柚子菜式，再享用由我們糕點師傅新鮮製作的美味月餅。

餐廳景觀視野開闊，服務熱情周到，菜單秉承了豐富的中式傳統，是與家人朋友歡聚一堂，享受難忘午餐體驗的理想之選。

自助午餐收費：成人 \$328，小童 6-12歲\$228；3-5歲 \$188

訂座請致電 2118 1846。

Date : 1st - 7th October

Time : Lunch

Venue : The Island View Restaurant

Price : Adults \$328, Children 6-12 years \$228, 3-5 years \$188

To make a reservation, please contact The Island View on 2118 1846





Mid-Autumn Festival Dinner Buffet

中秋節自助晚餐

Join us at the Pacific Club to celebrate the Mid-Autumn Festival with a sumptuous feast of Chinese culinary treasures. Savour Braised Supreme Fish Maw, delicately steamed Hairy Crab, Sautéed River Snails, perfectly roasted Suckling Pig, and Duck with Pumpkin. Indulge in traditional Lotus and Taro creations, and end your evening on a sweet note with treats infused with Osmanthus and Pomegranate, along with our cherished homemade Mooncakes.

For an additional \$178, our Beverage Package includes Wine, Sake, Beer, Soft Drinks and Orange/Apple Juice.

Date : Monday 6th & Tuesday 7th October

Time : From 6:00pm

Venue : The Island View Restaurant

Price : Adults \$498, Children 6-12 years \$328, 3-5 years \$208

Reservations: 2118 1846

於10月6日（星期一）及7日（星期二）晚上，
歡迎前來本會Island View餐廳品嚐美味的中式美食，慶祝中秋佳節！

在豐富的自助晚餐中，盡情享用各種獨特的傳統節日風味，包括美味的紅燒花膠、清蒸大閘蟹、炒田螺、烤至完美的烤乳豬及南瓜鴨等；還有以蓮蓉及香芋製作的傳統美食，最後再以桂花及石榴製作的甜點，以及我們精心製作的月餅來提升你的用餐體驗。

自助晚餐收費：成人 \$498，小童 6-12歲 \$328；3-5歲 \$208

每位另加\$178可配搭精選餐飲，
任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1846。

Fascia Exercise Training

Fascia is a broad term for the connective tissue that weaves throughout the entire body to stabilise and bind the muscles, bones, and organs together. During these hour-long sessions, participants will learn release techniques with exercise props to condition the fascia so as to feel relaxed, light in your body, stand taller and feel stronger.

筋膜運動訓練

筋膜是跨越整個身體的複雜結締組織，為肌肉、骨骼和器官提供必要的穩定性和凝聚力。在這一小時課程中，學員將以針對性的練習來改善筋膜的活動、增強肌肉力量、骨骼槓桿力及平衡力。課程適合16歲及以上的會員參加，9月份5堂收費 — 會員\$900，非會員\$1,500。

備註：課程以廣東話授課

Date : Monday 1st, 8th, 15th, 22nd & 29th September

Time : 1:30pm – 2:30pm

Venue : Aerobics Room

Price : Member \$900, Guest \$1,500 (for 5 lessons)

Age : 16 years and above

Instruction: Please note, this class is taught in Cantonese only



Jazz Dance

Come and learn a variety of unique step-by-step Jazz Dance routines and get a total body workout with a lot of fun. Jazz Dance is great way to stay in shape and de-stress!

爵士舞班

參加本會爵士舞課程，跟隨導師循序漸進地學習爵士舞基本動作，配以音樂跳出各種舞步。課程於星期四舉行，適合16歲及以上的會員參加，9月份4堂收費 — 會員\$720，非會員\$1,200。

Date : Thursday 4th, 11th, 18th & 25th September

Time : 3:00pm – 4:00pm

Venue : Aerobics Room

Price : Member \$720, Guest \$1,200 (for 4 lessons)

Age : 16 years and above



Funky Dance

Funky Dance is a fun and easy aerobic workout that combines upbeat music with simple dance moves. In just one hour, you'll burn calories while dancing to the rhythm, completing up to 7,000 steps. It's an energetic way to stay fit and have fun at the same time!

Funky舞蹈班

Funky Dance 是一種有趣、簡單，又充滿活力的有氧跳舞運動，以不同的音樂和舞步形式來消耗體內的卡路里，在一小時的課堂內便可完成多達7,000個舞步。課程於星期三（新課程）及星期五舉行，適合16歲及以上的會員參加，9月份4堂收費 — 會員\$720，非會員\$1,200。

Date : (A) Wednesday 3rd, 10th, 17th & 24th September ***New**

(B) Friday 5th, 12th, 19th & 26th September

Time : 12:00noon – 1:00pm

Venue : Aerobics Room

Price : Member \$720, Guest \$1,200 (for 4 lessons)

Age : 16 years and above

Zumba Fitness

Step into the vibrant world of Zumba Fitness, where every class is a celebration of movement and music! Zumba is not just a workout; it's a global dance phenomenon that blends exhilarating rhythms from around the world with easy-to-follow moves to create a dynamic fitness experience.

尊巴健體舞班

走進尊巴健體舞充滿活力的世界，每一課堂都充滿動感及音樂的快樂！尊巴舞不僅是一種鍛鍊，更是一項全球性的舞蹈熱潮，將世界各地令人興奮的節奏與易於遵循的動作融為一體，創造出充滿活力的健身體驗。課程於星期日舉行，適合16歲及以上的會員參加，9月份4堂收費一會員\$720，會員\$1,200。



Date : Sunday 7th, 14th, 21st & 28th September
Time : 10:00am – 10:45am (45 minutes)
Venue : Aerobics Room
Price : Member \$720, Guest \$1,200 (for 4 lessons)
Age : 16 years and above

Stretching Exercise Class

Regular stretching is key to more than just preventing injuries; it's a holistic approach to enhancing your quality of life. In our classes, participants learn the techniques to correct posture, increase flexibility, and boost blood circulation. These exercises are also designed to relieve stress and enhance coordination, reducing the risk of future injuries.

伸展運動班

定期進行伸展運動不僅能預防受傷，亦是提高生活品質的全面方法。在我們的課程中，大家可學習掌握糾正姿勢、增強靈活性及促進血液循環。這些練習還旨在緩解壓力及增強協調性，有助於提高整體運動表現並降低未來受傷的風險。課程於星期四（新課程）及星期五舉行，適合16歲及以上的會員參加，9月份3堂收費一會員\$540，非會員\$900；4堂收費一會員\$720，非會員\$1,200。備註：課程以廣東話授課



Date : (A) Friday 5th, 12th, 19th & 26th September
(B) Thursday 11th, 18th & 25th September ***New**
Time : (A) 3:00pm – 4:00pm
(B) 12:00noon – 1:00pm
Venue : Aerobics Room
Price : (A) Member \$720, Guest \$1,200 (for 4 lessons)
(B) Member \$540, Guest \$900 (for 3 lessons)
Age : 16 years and above

Instruction: Please note, this class is taught in Cantonese only

Schedule in September 九月份課程

Monday

Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate / Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training	1:30pm – 2:30pm
Men's Double Training	7:00pm – 9:00pm Men's (B)
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)

Tuesday

Morning Water Aerobics	10:00am – 11:00am (A)
Yoga	10:30am – 11:30am (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (A)
Evening Water Aerobics	7:00pm – 8:00pm

Wednesday

Tennis Team Training	10:00am – 12:00noon Ladies
Funky Dance	12:00noon – 1:00pm (A) *New
Pickleball Night	8:00pm – 10:00pm

Thursday

Yoga	10:30am – 11:30am (C)
Stretching Exercise *New	12:00noon – 1:00pm (B)
Jazz Dance	3:00pm – 4:00pm
Tennis Team Training	7:00pm – 9:00pm Men's (A)

Friday

Yoga	10:30am – 11:30am (D)
Morning Water Aerobics	11:00am – 12:00noon (B)
Funky Dance	12:00noon – 1:00pm (B)
Stretching Exercise	3:00pm – 4:00pm (A)
Afternoon Water Aerobics	3:00pm – 4:00pm (B)
Junior Swimming School	6:00pm – 7:00pm Intermediate (A) 7:00pm – 8:30pm Advanced (B)
Junior Badminton	6:30pm – 7:30pm (A) 7:30pm – 8:30pm (B)

Saturday

Junior Swimming School	10:00am – 11:00am Elementary (A: 36-47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
Junior Taekwondo	4:00pm – 5:00pm (All Levels)
Wall Climbing	2:00pm – 3:30pm

Sunday

Zumba Fitness	10:00am – 10:45am
Yoga	11:00am – 12:00noon (E)
Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
Rope Skipping	4:30pm – 5:20pm
Sunday Social Tennis	5:00pm – 7:00pm

*Members can sign up for various group classes at 2/F Sports Desk on or after the 25th of each month for the next month's classes.

康體部於每個月25日開始接受下個月份各類團體課程的報名。

*Guests will be put on waiting list, as Members will have first priority for enrollment. 會員擁有優先參加資格，而非會員的參加者則需要排在候候名單中。

To enroll in these classes, please contact the 2/F Reception on 2118 1890. 報名參加以上課程，請致電 2118 1890。

Meat Lovers' Ramen at Bā Ramen

拉麵吧精選 — 「肉食愛好者」拉麵

This September at Bā Ramen, enjoy the ultimate bowl for meat lovers. Our rich, aromatic Pork Bone Broth is filled to the brim with generous portions of slow-cooked Pork Collar, seared Pork Belly and Tenderloin. For the perfect finishing touch, add crispy Pork Crackling and our signature marinated Egg. Pure Ramen Bliss!

\$158 per bowl

於9月份，拉麵吧特別為肉食愛好者推出一款終極拉麵。濃郁香味的豬骨湯底，加上滿滿地盛著的慢煮豬頸肉、香煎五花肉及里肌肉；為了更完滿，再配上香脆的豬皮及我們的招牌糖心蛋。完全是拉麵的盛宴！

每碗\$158。



* Photographs of dishes are for reference only 食物相片只供參考

Pastry of the Month in September

9月份精選糕點

Each month, our Pastry Chefs present a specially created pastry, inspired by the finest seasonal ingredients. With flavours changing monthly, there is always something new to enjoy.

For September, indulge in our Matcha Mille-feuille Crêpes Cake. Delicately layered, light yet full of flavour, this impressive creation is available daily from 12:00noon in all outlets at \$58 per piece.

每個月，我們的糕點師傅都會推出一款以最優質時令食材為靈感的特別糕點，口味每月不同，總有一款新品等著你前來品嚐。

於9月份，請盡情享用我們的抹茶千層蛋糕。這款清新的糕點層次豐富，口感輕盈，風味十足，由每日中午12時起在所有餐廳及酒吧供應，每份\$58。



Oyster Pot with Ginger and Scallions

薑蔥蠔煲

While oysters are often enjoyed raw, cooking them brings out a distinctive depth of flavour that is equally irresistible. This month, I am pleased to share a fragrant and flavourful recipe with you featuring Oyster Pot with Ginger and Scallions.

雖然大眾一般都喜歡吃生的蠔，但烹調後也會迸發出獨特的濃郁滋味，同樣令人難以抗拒。今個月份，我很高興與大家分享一道香氣撲鼻、風味獨特的食譜——薑蔥蠔煲。



METHOD:

1. Simmer the oysters in boiling water for 2 to 3 minutes.
2. Remove the oysters from the boiling water and pat dry with kitchen paper.
3. Lightly coat the oysters with cornstarch, then pan fry over high heat until golden brown. Set aside.
4. Heat a small amount of oil in the frying pan and sauté the minced garlic, diced ginger and sliced scallions until aromatic. Then add the oysters.
5. Add a splash of Huadiao wine to the oysters to enhance the flavour and remove any fishy taste.
6. Stir in the seasoning mixture and cook until the sauce has reduced and clings to the oysters. Transfer everything to the pot.

Note: Avoid adding too much cornstarch water as it can make the oysters overly soft and alter the desired texture.

製作方法：

1. 將蠔放入滾水中以慢火灼2-3分鐘。
2. 將蠔從滾水中撈起，用廚房紙吸乾水份。
3. 在蠔的表面抹上少許生粉，然後用平底鑊以大火將蠔煎成金黃色，倒起備用。
4. 用平底鑊將少許油加熱，加入蒜茸、薑粒、蔥段爆香，然後加入蠔。
5. 加少許花雕酒提升蠔的香味，並為蠔去除腥味。
6. 將調味料加入蠔中快炒至乾身並已入味，即可倒入煲內。

註：切勿加太多生粉水，否則蠔會變得太脆，影響口感

By Chef Yip Tsang Keung
Executive Chef, Bauhinia Restaurant

撰文：紫荊閣總廚 — 葉增強師傅



INGREDIENTS

- American Oysters One barrel (approximately 6-9 oysters)
- Coarsely Diced Ginger A few
- Sliced Scallions 1-2 stalks
- Minced Garlic A little
- Huadiao Wine A little
- Corn Starch A little

MIXTURE OF SEASONING

- Soy Sauce 1 tsp
- Sweet Dark Soy Sauce 1 tsp
- Oyster Sauce 1/2 tbsp
- Sugar A little
- Fish Sauce A little
- Pepper Powder A little
- Cornstarch Water A little

材料

- 美國桶蠔 一桶（約6-9隻）
- 粗薑粒 少許
- 蔥段 一至兩棵
- 蒜茸 少許
- 花雕酒 少許
- 生粉 少許

混合調味料

- 生抽 一茶匙
- 甜老抽 一茶匙
- 蠔油 1/2湯匙
- 糖 少許
- 魚露 少許
- 胡椒粉 少許
- 生粉水 少許

Chef Keung's Favourite Bites at Bauhinia

紫荊閣 — 強師傅舌尖上的美食

Join us at Bauhinia Restaurant to enjoy a selection of Chef Keung's most cherished recipes. In September, we showcase the prized Vietnamese Mud Crab, presented in two authentic styles that bring out its fresh, natural sweetness.

歡迎前來紫荊閣品嚐由強師傅為大家特別推介的拿手菜式。於9月份，他將為大家送上兩道以新鮮越南泥蟹炮製的特別菜式。

訂座請致電 2118 1892。

Date : 1st - 30th September
Venue : Bauhinia
Reservations : 2118 1892



Steamed Vietnamese Mud Crab with
Chinese Wine and Chicken Oil
雞油花雕蒸越南泥蟹

Pan-Fried Vietnamese Mud Crab with
Bitter Melon and Black Bean Sauce
豉汁涼瓜焗越南泥蟹

Oyster Fridays Every Friday Night at the Club Bar

週五「盡享生蠔」之夜 每個星期五晚上在會所酒吧舉行

Start the weekend in style with freshly-shucked Oysters, served by the piece with your choice of classic Mignonette and Lemon or a Spicy Bloody Mary Shot.

Pair your Oysters with a glass of selected Champagne at a special price of \$78 and toast to a refined Friday evening.

Date : Every Friday in September

Venue : Club Bar

於9月份逢星期五晚上前來會所酒吧，以品嚐即叫即開的新鮮生蠔來開啟美好的週末。

生蠔將以每隻計算，配搭香草檸檬醬或辣味血腥瑪麗酒一同享用。

更可同時享用精選香檳來配搭生蠔，每杯只需\$78。

齊來為快樂的星期五夜晚乾杯！



中秋月餅訂購表格

Mooncake Order Form



Chef Yip of Bauhinia Restaurant has prepared delicious Mini Mooncakes for Members to celebrate the Mid- Autumn Festival on 6th October with family and friends.

10月6日是一年一度的中秋節，紫荊閣總廚葉師傅特別準備了多款迷你月餅，讓閣下與家人朋友共度佳節。

ITEM 項目		PRICE 單價	QUANTITY 數量	TOTAL 總額
Mini Mooncakes with Black Sesame and Egg Yolk 黑芝麻蛋黃迷你月餅	4 pieces per box 四件裝	\$178		
Mini Mooncakes with White Lotus Seed Paste and Egg Yolk 白蓮蓉蛋黃迷你月餅	4 pieces per box 四件裝	\$178		
Mini Mooncakes with Custard 奶皇迷你月餅	4 pieces per box 四件裝	\$180		
Duo Flavours of Mini Mooncakes (Custard - 2 pcs, White Lotus Seed Paste and Egg Yolk - 2 pcs) 迷你月餅二重奏 (奶皇 — 兩件，白蓮蓉蛋黃 — 兩件)	4 pieces per box 四件裝	\$180		
*Please allow three days for preparation 請預留 3 日時間製作月餅				GRAND TOTAL 總合計

Member's Name (in full) 會員姓名：_____

Membership No. 會員編號：_____

Contact Telephone No. 聯絡電話：_____

Collection Date & Time 領取日期及時間：_____

Signature 會員簽署：_____

- The date for ordering is from 8th September, whilst stock lasts.
本會將於9月8日開始接受訂購，數量有限，售完即止。
- Collection may be made from 25th September at Bauhinia Restaurant.
閣下訂購之月餅可於9月25日開始到紫荊閣領取。
- For ordering, please present this form to Bauhinia Restaurant or send by fax to 2118 0207 or email to lawrence-lo@pacificclub.com.hk
訂購月餅，請填妥此表格，並交回紫荊閣；或傳真至2118 0207；或電郵至lawrence-lo@pacificclub.com.hk。
- The charges of this confirmed order will be debited directly to your monthly account
此表格上之訂購總額將記入閣下之月結賬戶內。
- The personal data collected in this order form will be used for order confirmation only.
本表格內所收集的個人資料只用作確認訂購之用途

Celebrate the Moment Your Birthday, Our Treat!

慶祝你的大日子 享受你的生日優惠！

Make your birthday truly unforgettable at The Island View, Pier 6, Capricci or Bauhinia.
Share a special meal with friends or family and, with a minimum spend of \$2,000,
enjoy a complimentary bottle of Prosecco and a beautifully presented one-pound birthday cake.

Hosting a larger celebration? For birthday banquets of 30 guests or more, enjoy a special rate of \$150 per person for our \$200 beverage package, which includes three hours of free-flow wines, beer, juices and soft drinks. When this package is purchased, each guest will receive an additional welcome glass of Prosecco, and a 1.5-pound birthday cake will be provided for every 10 guests.

Choose from a delicious selection of cakes including Vanilla or Mango Napoléon, Opéra, Matcha, Chocolate Mousse, Fresh Fruit Cream and more.

Available throughout your birthday calendar month, from 1st July 2025 to 30th June 2026. Terms & Conditions and Blackout Dates apply.

To book your celebration:

Dining Reservations: The Island View 2118 1846, Pier 6 2118 1878, Capricci 2118 1803 and Bauhinia 2118 1892

Banqueting Enquiries: 2118 2851 or 2118 2295

歡迎會員與親朋好友前來Island View、Pier 6、Capricci 或紫荊閣餐廳舉行一個難忘的生日聚餐！
凡聚餐消費滿\$2,000或以上，即可免費獲贈由本會送出的Prosecco氣酒一瓶及一磅重的生日蛋糕一個。

想安排更大型的慶祝活動？凡舉辦30位或以上賓客的生日聚餐，可以以\$150優惠價享用原價\$200的飲品套餐，
包括暢飲三小時葡萄酒、啤酒、果汁及汽水。

而選購此飲品套餐後，每位賓客更可額外免費享用Prosecco氣酒一杯，以及每 10 位賓客可獲贈一個1.5磅重的蛋糕。

我們亦為你準備了多款美味的蛋糕選擇，包括香草或芒果拿破崙蛋糕、歌劇院蛋糕、
抹茶蛋糕、朱古力慕斯蛋糕、新鮮水果奶油蛋糕等。

歡迎於你的生日月份內使用此優惠，有效期由2025年7月1日至2026年6月30日止。
優惠受條款及細則約束，並且不適用於部分日期。

預約你的生日聚餐

於餐廳享用午餐或晚餐：請致電Island View - 2118 1846, Pier 6 — 2118 1878, Capricci — 2118 1803, 紫荊閣 — 2118 1892

私人聚餐：請致電 2118 2851 or 2118 2295 查詢詳情

Happy



Birthday

Terms and Conditions for Restaurants

於餐廳用餐 — 條款及細則

- To qualify for the complimentary one bottle of Prosecco and one-pound birthday cake, a minimum food and beverage spend of \$2,000 is required at The Island View, Pier 6, Capricci or Bauhinia restaurants. 在Island View、Pier 6、Capricci或紫荊閣餐廳用餐消費滿\$2,000，可獲贈Prosecco氣酒一瓶及一磅重的生日蛋糕一個。
- This promotion is valid during the Member's birthday calendar month, from 1st July 2025 to 30th June 2026. 此推廣活動的有效日期：2025年7月1日至2026年6月30日期間的會員生日月份內。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。
- Blackout dates – 2025: 1/7, 1/10, 6–7/10, 21/12 and 24–31/12; 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 and 21/6. 優惠不適用日期：2025年：1/7, 1/10, 6–7/10, 21/12及24–31/12；2026年：1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6及21/6。
- A table reservation is required at the selected restaurant. All cakes must be pre-ordered at least 48 hours in advance. 必要在指定的餐廳預訂餐桌，所有蛋糕必須最少提前 48 小時預訂。
- Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、祿酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- The offer is not applicable to banqueting events. 此優惠不適用於私人聚餐活動。
- This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。

Terms and Conditions for Banqueting Events

私人聚餐生日優惠 — 條款及細則

- This offer is only applicable to bookings of 30 persons or more made through the Banqueting Office. Minimum spending applies. For enquiries, please contact the Banqueting and Events Department on 2118 2851 / 2118 2295. 此優惠僅適用於透過本會宴會部預訂30人或以上的聚餐。設有最低消費要求。如有任何查詢，請致電2118 2851 / 2118 2295與宴會部聯絡。
- Special rate of \$150 per person for the \$200 beverage package, which includes 3 hours of unlimited soft drinks, orange juice, apple juice, selected beer and house wines. 以\$150優惠價享用原價\$200的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。
- One complimentary welcome glass of Prosecco per person based on the confirmed number of guests. 根據確認賓客人數，每位可獲贈Prosecco氣酒一杯。
- One complimentary 1.5-pound birthday cake for every 10 guests. Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 每 10 位賓客可獲贈1.5磅重的蛋糕一個，可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、祿酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但每次聚餐僅可兌換此優惠一次，且僅適用於單一帳單。
- Blackout dates – 2025: 1/7, 1/10, 6–7/10, 21/12 and 24–31/12; 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 and 21/6. 優惠不適用日期：2025年：1/7, 1/10, 6–7/10, 21/12及24–31/12；2026年：1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6及21/6。
- This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。
- The Pacific Club's Banqueting and Events Terms and Conditions also apply. 太平洋會宴會活動的條款及細則亦同時適用於此優惠。

Summer Sips

at the Club Bar and Oyster Bar

會所酒吧及Oyster Bar每日供應 夏日特飲

Whether you are soaking up the afternoon sun or relaxing in the evening, enjoy a refreshing selection of summer-inspired cocktails and mocktails designed for leisurely moments at the Club.

無論是沐浴於午後陽光，還是在夜晚放鬆身心，會所酒吧及Oyster Bar都為你準備了冰涼清爽的夏日雞尾酒和無酒精雞尾酒，讓你在閒暇盡享愜意時光。



Cocktails雞尾酒 \$90 per glass (每杯)

Purple Rain

A floral medley of Butterfly Pea Tea, Gin, St. Germain, Elderflower Syrup, Lime Juice, and Tonic Water.

蝶豆茶、氹酒、St. Germain調酒、接骨木花糖漿、青檸汁和湯力水的花香混合。

Fizz Breeze

Yuzu Honey, Fresh Mint, Orange and Lime topped with Prosecco.

柚子蜂蜜、新鮮薄荷、橙和青檸，加上Prosecco氣酒。

Mocktails無酒精雞尾酒 \$70 per glass (每杯)

Rose Garden

Rose Vanilla Tea with Strawberry Syrup, Raspberry Purée, and Ginger Ale.

玫瑰香草茶配草莓糖漿、覆盆子泥和薑汁汽水。

Yellow Kite

A twist of Calamansi Juice and Passionfruit Purée and Syrup with Jasmine Tea and Tonic Water.

金桔汁、百香果泥及糖漿、茉莉花茶和湯力水混合調配而成。

Available daily at the Club Bar and Oyster Bar

Mid-Autumn Children's Carnival

中秋兒童嘉年華

Come and celebrate the Mid-Autumn Festival at our exciting Children's Carnival! Our younger Members can enjoy face and hand painting, a bouncy castle, a claw machine, and creative workshops designed to ignite their imagination.

This family-friendly event promises an afternoon of fun, laughter, and Mid-Autumn joy at the Club.

歡迎大家於10月5日（星期日）下午前來參加我們充滿活力的中秋兒童嘉年華，共同慶祝中秋佳節！當日，孩子們可以體驗面部及手部彩繪、充氣城堡、抓娃娃機及激發想像力的創意工作坊。

這個家庭友好的活動將為各年齡層的孩子帶來無盡的歡樂、笑聲及節日喜悅，營造溫馨的節慶氛圍！活動歡迎所有年齡的會員參加，收費：會員\$130，非會員\$190。報名請致電 2118 1890。

Date: Sunday, 5th October
Time: 3:30pm - 5:30pm
Venue: Children's Playroom
Age: All Ages
Price: Member \$130, Guest \$190

To enroll, please call the 2/F Reception on 2118 1890.



Empire of AI: Dreams and Nightmares in Sam Altman's OpenAI

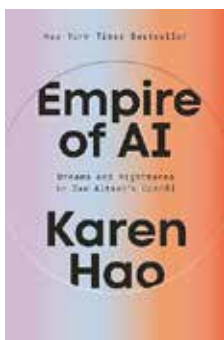
by Karen Hao

When AI journalist Karen Hao began covering OpenAI in 2019, she believed it to be a nonprofit devoted to safety and the public good. Over time, she uncovered a different reality. The ambitions of this rapidly growing sector demand extraordinary resources, from the most advanced computer chips and vast processing power to massive stores of data cleaned by low-paid workers in the Global South, all fuelled by soaring energy and water consumption. In a field dominated by only a handful of global giants, OpenAI, with Microsoft's billions behind it, now races ahead without a clear sense of its ultimate destination.

Through the perspectives of Silicon Valley engineers, Kenyan data labourers and Chilean water activists, *Empire of AI* reveals both the innovation driving the industry and the human and environmental costs it conceals. It offers an unflinching look at how a technology billed as transformative is reshaping the balance of power, wealth and resources across the globe.

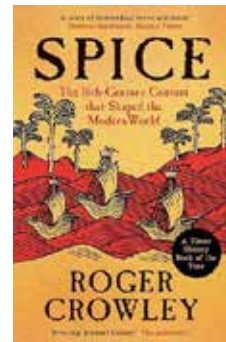
當 AI 專家兼調查記者 Karen Hao 於 2019 年開始報道 OpenAI 時，她認為這是一個致力於安全和公共利益的非營利組織。可隨著時間推移，她發現了一個截然不同的現實。這個快速成長的行業的雄心壯志需要投入前所未有的龐大資源，從最先進的電腦晶片和強大的處理能力，到由全球南方低薪工人清理的海量數據，而所有這些都源於不斷飆升的能源和水資源消耗。在這個僅由少數幾家全球巨頭主導的領域中，OpenAI 在微軟數十億美元資金的支持下，如今正飛速前進，卻對自己的最終目標一無所知。

《Empire of AI》從矽谷工程師、肯亞數據勞工和智利水資源活動者的視角，揭示了推動該產業發展的創新，以及它所隱藏的人類和環境成本。本書以目擊者視角，揭示了一項號稱具有變革意義的技術如何重塑全球權力、財富和資源的平衡。



Spice: The 16th-Century Contest that Shaped the Modern World

by Roger Crowley



The story of the sixteenth-century's epic contest for the spice trade, which propelled European maritime exploration and conquest across Asia and the Pacific. Spices drove the early modern world economy, and for Europeans they represented riches on an unprecedented scale.

Cloves and nutmeg could reach Europe only via a complex web of trade routes, and for decades Spanish and Portuguese explorers competed to find their elusive source. But when the Portuguese finally reached the spice islands of the Moluccas in 1511, they set in motion a fierce competition for control. Roger Crowley shows how this struggle shaped the modern world. From 1511 to 1571, European powers linked up the oceans, established vast maritime empires, and gave birth to global trade, all in the attempt to control the supply of spices.

Taking us on voyages from the dockyards of Seville to the vastness of the Pacific, the volcanic Spice Islands of Indonesia, the Arctic Circle, and the coasts of China, this is a narrative history rich in vivid eyewitness accounts of the adventures, shipwrecks, and sieges that formed the first colonial encounters-and remade the world economy for centuries to follow.

16 世紀史詩般的香料貿易戰爭推動了歐洲人的海上探索以及對亞洲和太平洋地區的征服。香料推動了現代世界經濟的發展，並為歐洲人帶來了前所未有的財富。

丁香和肉豆蔻只能透過複雜的貿易路線網絡抵達歐洲，幾十年來，西班牙和葡萄牙的探險家競相尋找這些難以找到的產地。但當葡萄牙人最終在 1511 年抵達摩鹿加群島的香料島嶼時，他們之間展開了一場激烈的控制權爭奪戰。Roger Crowley 揭示了這場鬥爭如何塑造了現代世界。從 1511 年到 1571 年間，歐洲列強連繫各海洋，建立龐大的海上帝國，並催生了全球貿易，所有這些都是為了控制香料的供應。

本書帶領我們從塞維利亞的造船廠航行到廣闊的太平洋、印度尼西亞的火山香料群島、北極圈和中國海岸，這是一部敘事性歷史，其中充滿了生動的目擊者對冒險、沉船和圍攻的描述，這些事件構成了第一次殖民衝突，並重塑了隨後幾個世紀的世界經濟。

From now until 30th September, 2025, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount.

由現在至9月30日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
216 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場216號舖

Hong Kong Book Centre Ltd.
25 Des Voeux Road, Central

香港圖書文具有限公司
中環德輔道中25號



Early Bird Offers for Year-End Banqueting Events

年終聚餐 / 派對「早鳥」餐飲折扣優惠

Planning a year-end celebration? Early reservations come with exclusive privileges...

Confirm your November or December 2025 Pacific Club event in advance and enjoy special savings on our 3-hour free-flow Beverage Packages for groups of 30 or more. The earlier you book, the more you save!

計劃年終慶祝活動？現在提前預訂即可尊享專屬禮遇...提前確認於2025年11月或12月份在太平洋會舉辦30人或以上的聚餐/派對，即可獲享3小時無限暢飲餐飲套餐的特別折扣優惠。愈早預訂，優惠愈多！

SUPERIOR BEVERAGE PACKAGE 尊享餐飲套餐

Including 3 hours free-flow of:

- Orange Juice and Apple Juice
- Coca-Cola, Coke Zero, Fanta, Sprite, Schweppes Soda Water
- Carlsberg Draught Beer
- The Wall Chardonnay, New South Wales, Australia, 2023
- The Wall Cabernet Sauvignon, New South Wales, Australia, 2022

包括3小時無限暢飲：

- 橙汁及蘋果汁
- 可口可樂、無糖可樂、芬達、雪碧、玉泉梳打水
- 嘉士伯生啤酒
- 澳洲The Wall Chardonnay, New South Wales, 2023年白酒
- 澳洲The Wall Cabernet Sauvignon, New South Wales, 2022年紅酒

DELUXE BEVERAGE PACKAGE 豪華飲品套餐

Including 3 hours free-flow of:

- Orange Juice and Apple Juice
- Coca-Cola, Coke Zero, Fanta, Sprite, Schweppes Soda Water, Ginger Ale, Ginger Beer and Tonic Water
- Carlsberg Draught Beer
- Moët & Chandon, Imperial Brut, Champagne, France, N.V.
- Sancerre Tradition, Gérard Boulay, Chavignol, Loire, France, 2023
- Esprit de Pavie, Château Pavie, Bordeaux, France, 2017
- Gordon's London Dry Gin, Absolut Vodka, Bacardi White Rum, Jim Beam Bourbon Whiskey

包括3小時無限暢飲：

- 橙汁及蘋果汁
- 可口可樂、無糖可樂、芬達、雪碧、玉泉梳打水、薑汁汽水、薑汁啤酒及湯力水
- 嘉士伯生啤酒
- 法國Moët & Chandon, Imperial Brut 無年份香檳
- 法國Sancerre Tradition, Gérard Boulay, Chavignol, Loire, 2023年白酒
- 法國Esprit de Pavie, Château Pavie, Bordeaux, 2017年紅酒
- Gordon's London 氈酒、Absolut伏特加、Bacardi白蘭姆酒、Jim Beam波本威士忌

Book by 30th September 2025 with a signed confirmation letter to enjoy:

- Superior Package: \$120 per person (regular price \$200)
- Deluxe Package: \$400 per person (regular price \$580)

Book by 31st October 2025 with a signed confirmation letter to enjoy:

- Superior Package: \$150 per person (regular price \$200)
- Deluxe Package: \$480 per person (regular price \$580)

於2025年9月30日前預訂，並簽署確認信，即可獲享：

- 尊享餐飲套餐 — 早鳥價：每位\$120（原價每位\$200）
- 豪華餐飲套餐 — 早鳥價：每位\$400（原價每位\$580）

於2025年10月31日前預訂，並簽署確認信，即可獲享：

- 尊享餐飲套餐 — 早鳥價：每位\$150（原價每位\$200）
- 豪華餐飲套餐 — 早鳥價：每位\$480（原價每位\$580）

Offers apply to events held from 1st November to 30th December 2025.

Blackout dates: 21st, 24th, 25th, 26th, and 31st December.

Terms and conditions apply.

此優惠僅適用於2025年11月1日至12月30日期間舉辦的活動。

不適用於以下日期：12月21日、24日、25日、26日及31日。

優惠附設條款及細則。

To enquire or reserve, please contact our Banqueting and Events Team on 2118 2851 or 2118 2295.




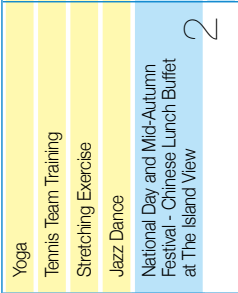
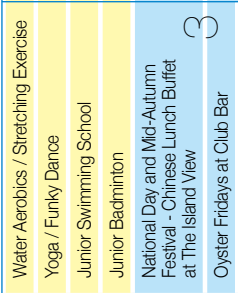


查詢有關詳情或預訂活動，請致電2118 2851或2118 2295與本會宴會部聯絡。

September 2025

EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training Double Delight Dinner Buffet at The Island View Summer Cocktails & Mocktails at Club Bar & Oyster Bar 1st – 30th Cold Brew Coffee at Club Bar & Oyster Bar 1st – 30th "Chef Keung's Favourite Bites" Promotion at Bauhinia 1st – 30th Mango Madness – Premium Smoothies 1st – 30th Pastry of the Month in All Outlets 1st – 30th Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy Mid-Autumn Festival Mini Mooncake Order at Bauhinia from 8th Double Delight Dinner Buffet at The Island View	Water Aerobics Yoga Double Delight Dinner Buffet at The Island View	Tennis Team Training Pickleball Night Funky Dance Double Delight Dinner Buffet at The Island View	Yoga Tennis Team Training Jazz Dance Double Delight Dinner Buffet at The Island View	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Double Delight Dinner Buffet at The Island View Oyster Fridays at Club Bar	Junior Swimming School Junior Tennis Academy Junior Taekwondo Double Delight Dinner Buffet at The Island View
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Double Delight Dinner Buffet at The Island View	1 Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy Mid-Autumn Festival Mini Mooncake Order at Bauhinia from 8th Double Delight Dinner Buffet at The Island View	2 Water Aerobics Yoga Double Delight Dinner Buffet at The Island View	3 Tennis Team Training Pickleball Night Funky Dance Double Delight Dinner Buffet at The Island View	4 Yoga Tennis Team Training Jazz Dance Double Delight Dinner Buffet at The Island View	5 Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Double Delight Dinner Buffet at The Island View Oyster Fridays at Club Bar	6 Junior Swimming School Junior Tennis Academy Junior Taekwondo Double Delight Dinner Buffet at The Island View
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Double Delight Dinner Buffet at The Island View	7 Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy Mid-Autumn Festival Mini Mooncake Order at Bauhinia from 8th Double Delight Dinner Buffet at The Island View	9 Water Aerobics Yoga Double Delight Dinner Buffet at The Island View	10 Tennis Team Training Pickleball Night Funky Dance Double Delight Dinner Buffet at The Island View	11 Yoga Tennis Team Training Jazz Dance Stretching Exercise Double Delight Dinner Buffet at The Island View	12 Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Double Delight Dinner Buffet at The Island View Oyster Fridays at Club Bar	13 Junior Swimming School Junior Tennis Academy Junior Taekwondo Double Delight Dinner Buffet at The Island View
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Double Delight Dinner Buffet at The Island View	8 Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy Mid-Autumn Festival Mini Mooncake Order at Bauhinia from 8th Double Delight Dinner Buffet at The Island View	16 Water Aerobics Yoga Double Delight Dinner Buffet at The Island View	17 Tennis Team Training Pickleball Night Funky Dance Double Delight Dinner Buffet at The Island View	18 Yoga Tennis Team Training Jazz Dance Stretching Exercise Double Delight Dinner Buffet at The Island View	19 Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Double Delight Dinner Buffet at The Island View Oyster Fridays at Club Bar	20 Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Kids' Open Fun Session Double Delight Dinner Buffet at The Island View
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Double Delight Dinner Buffet at The Island View	15 Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy Mid-Autumn Festival Mini Mooncake Order at Bauhinia from 8th Double Delight Dinner Buffet at The Island View	23 Water Aerobics Yoga Double Delight Dinner Buffet at The Island View	24 Tennis Team Training Funky Dance Double Delight Dinner Buffet at The Island View	25 Yoga Tennis Team Training Jazz Dance Stretching Exercise Double Delight Dinner Buffet at The Island View Collection of Mid-Autumn Festival Mini Mooncakes at Bauhinia from 25th	26 Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Double Delight Dinner Buffet at The Island View Oyster Fridays at Club Bar	27 Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Double Delight Dinner Buffet at The Island View
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Double Delight Dinner Buffet at The Island View	21 Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy Mid-Autumn Festival Mini Mooncake Order at Bauhinia from 8th Double Delight Dinner Buffet at The Island View	28 Water Aerobics Yoga Double Delight Dinner Buffet at The Island View	29 Tennis Team Training Funky Dance Double Delight Dinner Buffet at The Island View	30 Happy Mid-Autumn Festival Mid-Autumn Festival Mini Mooncakes at Bauhinia	31 Pickleball Night Every Wednesday	32 Junior Swimming School Junior Tennis Academy Junior Taekwondo Double Delight Dinner Buffet at The Island View

October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 National Day & Mid-Autumn Festival Celebrations at the Club 1st - 7th	 Mid-Autumn Festival Dinner Buffet at The Island View	 National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View	 National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View	 National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View	 National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View	 National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View
Zumba Fitness / Yoga	Ladies' Monday Tennis	National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View	Funky Dance	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Mid-Autumn Festival Dinner Buffet at The Island View	Tennis Team Training	Tennis Team Training	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training		Pickleball Night	Stretching Exercise	Junior Swimming School	Junior Taekwondo
Rope Skipping	Men's Double Training			Jazz Dance	Junior Badminton	Wall Climbing
Mid-Autumn Children's Carnival	English Drama Academy				National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View	National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View
National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View	National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View		Cold Brew Coffee at Club Bar and Oyster Bar 1st - 31st	National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View	Oyster Fridays at Club Bar	Saturday Dinner Buffet at The Island View
Sunday Dinner Buffet at The Island View	Mid-Autumn Festival Dinner Buffet at The Island View		Pastry of the Month in all outlets 1st - 31st		Friday Dinner Buffet at The Island View	
5	6		1	2		3
Zumba Fitness / Yoga	Ladies' Monday Tennis		Funky Dance	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga		Tennis Team Training	Tennis Team Training	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training		Pickleball Night	Stretching Exercise	Junior Swimming School	Junior Taekwondo
Rope Skipping	Men's Double Training			Jazz Dance	Junior Badminton	Wall Climbing
English Drama Academy	English Drama Academy				Junior Badminton	Saturday Dinner Buffet at The Island View
12	13		8	9	Oyster Fridays at Club Bar	11
Sunday Lunch & Dinner Buffet at The Island View	English Drama Academy		Funky Dance		Friday Dinner Buffet at The Island View	
14			Tennis Team Training	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Zumba Fitness / Yoga	Ladies' Monday Tennis		Pickleball Night	Stretching Exercise	Yoga / Funky Dance	Junior Tennis Academy
Sunday Junior Tennis	Yoga			Jazz Dance	Junior Swimming School	Junior Taekwondo
Sunday Social Tennis	Fascia Exercise Training				Junior Badminton	Wall Climbing
Rope Skipping	Men's Double Training				Junior Badminton	Saturday Dinner Buffet at The Island View
English Drama Academy	English Drama Academy				Oyster Fridays at Club Bar	18
19	20		15	16	Friday Dinner Buffet at The Island View	
Sunday Lunch & Dinner Buffet at The Island View	English Drama Academy		Funky Dance		Water Aerobics / Stretching Exercise	Junior Swimming School
21			Tennis Team Training	Yoga	Yoga / Funky Dance	Junior Tennis Academy
Zumba Fitness / Yoga	Ladies' Monday Tennis		Pickleball Night	Stretching Exercise	Junior Swimming School	Junior Taekwondo
Sunday Junior Tennis	Yoga			Jazz Dance	Junior Badminton	Wall Climbing
Sunday Social Tennis	Fascia Exercise Training				Oyster Fridays at Club Bar	Saturday Dinner Buffet at The Island View
Rope Skipping	Men's Double Training				Friday Dinner Buffet at The Island View	25
English Drama Academy	English Drama Academy				Water Aerobics / Stretching Exercise	
26	27		22	23	Yoga / Funky Dance	
Sunday Lunch & Dinner Buffet at The Island View	English Drama Academy		Pickleball Night		Junior Swimming School	
28					Junior Badminton	
Zumba Fitness / Yoga	Ladies' Monday Tennis		Funky Dance	Yoga	Oyster Fridays at Club Bar	
Sunday Junior Tennis	Yoga		Tennis Team Training	Tennis Team Training	Friday Dinner Buffet at The Island View	
Sunday Social Tennis	Fascia Exercise Training		Pickleball Night	Stretching Exercise	Water Aerobics / Stretching Exercise	
Rope Skipping	Men's Double Training			Jazz Dance	Yoga / Funky Dance	
English Drama Academy	English Drama Academy				Junior Swimming School	
29					Junior Badminton	
Sunday Lunch & Dinner Buffet at The Island View	English Drama Academy				Oyster Fridays at Club Bar	
30					Friday Dinner Buffet at The Island View	
31						

*All classes and events in the calendar may be subject to change without notice. 月曆中的所有課程及活動可能會被更改，恕不另行通知。

Recreation

Food & Beverage

Hair Product Sale in September 9月份頭髮產品優惠



HairPrime® Herbal Shampoo

~~\$220~~ \$200

HairPrime® Shampoo includes the proven active, natural herbal ingredient, Phydemanol®, and avoids the use of heavy conditioning and synthetic ingredients. This shampoo nourishes the hair and cleanses the scalp of unhealthy factors (e.g. sebum, DHT, adverse ingredients in hair styling products) that may contribute to hair loss. It is particularly suitable for coloured and treated hair.

HairPrime® 草本洗髮露

HairPrime® 草本洗髮露經過臨床測試，從天然草藥中提取有效活性成分 Phydemanol®，並避免使用可能導致脫髮的刺激、強烈、有害成份。HairPrime® 亦可洗走頭皮上的不健康物質(如皮脂、DHT、造型產品中的有害成分)，防止脫髮，在滋養頭髮同時為頭髮保持健康生長條件，也適合在電燙、漂染護理後使用，可保持漂染色澤、令電燙造型持久。

NOTIO Solid Cream, 90g

~~\$240~~ \$210

This stylish Japanese hair product is designed with skincare ingredients, making it gentle and suitable for daily use. Perfect for dry or thin hair, it also works beautifully as a styling wax for short to medium curly hair.

NOTIO造型髮蠟/乳霜，90克

這款日本時尚捲髮造型產品，以護膚成分為基底，溫和健康，適合日常使用。產品不僅適用於乾燥和幼弱頭髮，同時亦可用作為短至中長度捲髮的造型蠟。



Paul Mitchell® Hold Me Tight, 315ml

~~\$330~~ \$300

Fast-drying and lightweight, this flexible-hold hairspray adds body, shine and a soft touch. The ultra-fine mist dries instantly, leaving hair beautifully styled with a fresh cucumber-melon scent. Suitable for all hair types for all-day hold.

Paul Mitchell® 「靈活的風格」定型噴霧，315毫升

這款快乾定型噴霧以輕盈配方為頭髮增添豐盈、質感和光澤。其超微細的噴霧能快速變乾，令頭髮依然保持柔軟，而且帶有清新的青瓜果香和水花香氣，適合所有髮質使用，造型效果可維持一整日。

THIS MONTH'S PROMOTION

10% Discount on Hair Curl/Wave Perming Treatments

Refresh your look with a stylish new wave or curl. Throughout September, enjoy 10% off all hair curl and wave perming treatments at the Hair Salon.

To make your appointment with one of our expert hairstylists, please call 2118 1893.

微卷或曲髮電燙服務9折優惠

以潮流卷曲髮型來轉換一個新形象吧！會員於9月份到會所髮廊惠顧任何微卷或曲髮電燙服務，可享有9折優惠。查詢詳情及預約服務，請致電2118 1893。





Special Promotion for Personal Training and Pilates

私人健身及普拉提訓練 — 特別優惠

We are pleased to announce special promotions on Personal Training and Pilates sessions starting 1st September. This is the perfect opportunity to take your health and fitness to new heights with the support of our professional coaching team.

Whether you are starting your fitness journey, returning after a break, or aiming for a specific performance goal, our sessions are designed to give you the structure, motivation, and expert guidance you need.

為了推廣健康生活，我們很高興由9月1日起為大家推出私人健身及普拉提訓練特別優惠。這是在我們專業教練團隊的協助下，將你的健康和身體機能提升至新高度的絕佳機會。

無論你是剛開始健身之旅、休息後重拾訓練，還是追求特定的表現目標，我們的課程都能為你提供所需的個人化計劃、動力和專業指導。



Personal Training 私人健身課程

Enjoy dedicated one-on-one sessions with our experienced trainers who will create a customised programme focused entirely on your goals. From improving strength, stamina, and mobility to enhancing overall wellbeing, every workout is carefully planned to maximise results while keeping you motivated and on track.

參加由本會經驗豐富的教練提供的一對一專屬課程，他們將根據你的目標度身定制訓練計劃。從提升肌力、耐力、靈活度，到改善整體健康，每一次訓練都經過精心規劃，力求在保持動力和堅持訓練的同時，最大限度地提升訓練效果。

10-session package \$6,500 **\$5,850** (10% off)
(10次課程套票) (原價 \$6,500，現享10%折扣優惠，僅需\$5,850)

20-session package \$13,000 **\$11,050** (15% off)
(20次課程套票) (原價 \$13,000，現享15%折扣優惠，僅需\$11,050)

Pilates 普拉提訓練

Discover the transformative benefits of Pilates, a method that strengthens the core, improves flexibility, and promotes better posture through precise, controlled movements. Our sessions cater to all levels, from beginners to advanced, helping you build strength from the inside out while reducing tension and improving balance.

探索普拉提的變革性益處，它是一種透過精準、可控的動作來增強核心肌群、提高柔軟度並改善體態的方法。我們的課程適合從初學者到高級程度人士的各個級別，幫助你由內而外地增強力量，同時減輕壓力並改善平衡感。

10-session package \$7,500 **\$7,200** (4% off)
(10次課程套票) (原價 \$7,500，現享4%折扣優惠，僅需\$7,200)

20-session package \$15,000 **\$13,500** (10% off)
(20次課程套票) (原價 \$15,000，現享10%折扣優惠，僅需\$13,500)

* The package(s) must be completed within **12 months** of the purchase date.
所有套票必需於購買日期起 12 個月內完成。

For further information and for bookings, call the Gym on 2118 1863. 查詢詳情，請致電 2118 1863 與健身室聯絡。



Sunday Social Tennis

Sunday Social Tennis is a weekly event, held on Sundays, that brings together tennis playing Members for a fun and friendly two hours on the courts. This is a great opportunity for players to practice their skills, meet new people, and enjoy the camaraderie of the Pacific Club's tennis community.

週日網球聯誼聚會

歡迎前來參加於星期日傍晚舉行的週日網球聯誼聚會，透過兩小時的課程學習各種網球技能，與其他會員及教練切磋球技，同時認識新的志同道合，度過悠閒的週末。收費每位\$170（設茶點招待），查詢及報名，請致電 2118 1707。此聚會只供成年會員參加。

Date : Sunday 7th, 14th, 21st & 28th September
Time : 5:00pm – 7:00pm
Venue : Outdoor Tennis Courts
Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)
Age : Adults Only

Junior Tennis Academy

Designed for ages 3½ to 16, the Pacific Club's Junior Tennis Academy offers a structured pathway for young players to learn, improve, and enjoy the game. Led by experienced coaches, sessions are tailored to suit different age groups and skill levels, combining technical development with engaging, age-appropriate drills. Fees are charged monthly.

青少年網球訓練

本會的青少年網球訓練班於星期六上午舉行，專為3½-16歲會員而設，為年輕球員提供結構化的學習、提升和享受網球的途徑。課程由經驗豐富的教練指導，根據不同年齡和技能水平度身定制，將技術提升與合適其年齡的趣味訓練相結合。9月份課程收費—A班（3½-6歲，4堂）：會員\$840，非會員\$1,320；B班（6-16歲，4堂）：會員\$1,120，非會員\$1,600。

備注：此訓練活動以月費形式支付

Date : Saturday 6th, 13th, 20th & 27th September
Time : (A) 10:00am – 11:00am
(B) 11:00am – 1:00pm
Venue : Indoor Tennis Courts
Price : (A) Member \$840, Guest \$1,320 (for 4 lessons)
(B) Member \$1,120, Guest \$1,600 (for 4 lessons)
Age : (A) 3½ – 6 years
(B) 6 – 16 years



Ladies' Morning Tennis

Join us on Monday mornings for a focused two-hour session designed to sharpen your skills. Led by our professional coaches, these small group clinics concentrate on technique, footwork and match play tactics in a practical and engaging environment. Each session is limited to 10 ladies, so early enrollment is recommended.

女子早上網球練習

透過參加本會於星期一舉行的女子早上網球練習班，提升你的網球技術！這兩小時的專注訓練課程由我們的專業教練指導，透過小組訓練，在務實有趣的環境中，專注提升技術、步法和比賽戰略。每班僅限10名學員參加，請儘早報名。課程收費：每位\$310（包括場租及飲品招待）。

Date : Monday 1st, 8th, 15th, 22nd & 29th September
Time : 10:00am – 12:00noon (Intermediate / Advanced Level)
Venue : Indoor Tennis Courts
Price : \$310 (for 2 hours, including court charges and selected beverages at the Tennis Lounge)





Pickleball Private Lessons

Whether you're new to Pickleball or ready to refine your skills, private lessons offer focused instruction tailored to your level. Build confidence, improve technique and enjoy faster results with guidance from our expert coaches. To book, please call or visit the Tennis Reception.

Private Lessons (1pax)

1-hour \$630 per person
Package of 10, 1-hour lessons \$6,100 per person

Semi-Private Lessons (2pax)

1-hour \$335 per person
Package of 10, 1-hour lessons \$3,250 per person

匹克球私人課程

無論你是匹克球新手，還是準備提升球技，本會的私人課程都能根據你的水平度身定制，助你建立自信，提升技巧，在我們專業教練的指導下快速取得成效。預約課程，請致電或前往網球部接待處。

私人課程（一人）

一小時課程 : 每位\$630
10 堂一小時課程 : 每位\$6,100

半私人課程（二人）

一小時課程 : 每位\$335
10 堂一小時課程 : 每位\$3,250

Pickleball Nights in September

Pickleball Nights at the Club offer the perfect way to enjoy one of the world's fastest-growing sports. Combining the best of badminton, tennis and table tennis, Pickleball is easy to learn, fun to play and suitable for all ages.

Led by Coach Cindy, Pickleball Nights feature skill-building, group practice and friendly matches, giving beginners and those new to the game the ideal opportunity to improve their skills and enjoy the action.

9月份匹克球晚間聚會

本會於星期三晚上舉行的「匹克球晚間聚會」，是體驗這世界上快速發展的運動之一的絕佳機會。匹克球融合了羽毛球、網球和乒乓球的精髓，簡單易學，趣味十足，老少皆宜。

活動由教練Cindy帶領學員進行基礎技巧訓練、輕鬆的小組練習和友誼賽，為初學者和首次嘗試這運動的學員提供理想的機會來提高技術並享受當中的樂趣。活動歡迎14歲及以上的會員參加，收費：每節/兩小時 — 每位\$250。

Date : Wednesday 3rd, 10th & 17th September

Time : 8:00pm – 10:00pm

Venue : Outdoor Pickleball Court

Price : \$250 per session (for 2 hours)

Age : 14 years and above

Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約課程，請致電 2118 1707 與四樓網球部聯絡。



By Andy Au of Andy's Florist 撰文及圖片: Andy's Florist

Sky Garden

空中花園

This Sky Garden is a playful way to show off your plants, building them up in layers to create a lively, eye-catching display. It brings a sense of freshness and fun, brightening any corner of your home.

這個“空中花園”以趣味十足的方式展示不同的植物，層層堆疊，營造出生動、引人注目的氛圍。它帶來清新有趣的感覺，點亮你家的每個角落。



1. Remove the plants from their pots, except those that need more water, such as the Dalmatian Bellflower.
2. Wrap the roots of the remaining plants with dried moss.
3. Arrange the plants in the clear plastic containers in any style you like. You can display one large plant alone, group several small ones together, or match container size to plant size.
4. Fill the large white container with pebbles to create a stable base.
5. Using glue, attach each planted container to the top of the white container, one at a time, creating a Sky Garden.
6. Place tall or large plants at the back, and position heavier ones at the bottom to keep the arrangement balanced.

1. 將植物從其花盆中取出，除了一些需要大量水分的植物，如丹麥鳳鈴。
2. 用乾苔蘚包裹著其餘植物的根部。
3. 你可以根據自己的喜好將植物放入不同大小的透明塑膠容器中。例如，單獨展示一株大植物，也可以將幾株小植物組合在一起，或選擇與植物大小匹配的容器。
4. 在大的白色容器中放入大量鵝卵石，作為整個擺設的底座使其穩固。
5. 用膠水將所有裝有植物的容器逐一固定在白色容器上方，設計出你自己的空中花園。
6. 將高大的植物放在後方，較重的植物放在底部，讓擺設能保持平衡。

What You'll Need:

- Various Plants (in different sizes), here we use: Dalmatian Bellflower, Cushion Bush, Blue Jacaranda, Peperomia Caperate, Aeonium 'Pink Witch', Snake Plant, Cactaceae
- Some Clear Plastic Containers (in different shapes and sizes)
- One Large White Plastic Container
- Dried Moss
- Pebbles
- Glue

材料：

- 多種植物（不同大小），文中選用：丹麥鳳鈴、銀巢、藍花楸、紅背椒草、粉女巫、虎尾蘭、仙人掌
- 多個透明塑膠容器（不同形狀及大小）
- 一個大的白色塑膠容器
- 乾苔蘚
- 鵝卵石
- 膠水



Spa Promotions in September 9月份美容療程優惠

Sothys Detox Energie Intensive Treatment

(1hr 25mins)

~~\$1,480~~

\$1,184

Step into a world of skin renewal with this Sothys treatment, designed to revive even the most tired complexions. A relaxing signature facial massage boosts circulation and delivers energy deep into your skin. Potent botanical extracts and advanced formulas work to detoxify, protect, and restore balance to your skin's microbiome, leaving it stronger and more resilient.

Perfect for busy city life, it reveals a fresh, radiant glow while surrounding you in complete relaxation.

Sothys五加參能量光感療程〔1小時25分鐘〕

Sothys 五加參能量光感療程旨在煥發肌膚，即使在最疲憊的狀態也能煥發光彩。有效舒緩的臉部「能量定點按摩」能促進血液循環，將能量輸送至肌膚底層。強效植物萃取和先進配方，能排毒、保護肌膚，並恢復肌膚「微生態」平衡，讓肌膚更顯強韌有彈性。

這款護理非常適合忙碌的都市生活，讓你在徹底放鬆的同時，煥發清新亮麗的光澤。



Guinot Hydra Summum Treatment

(1hr 25mins)

~~\$1,480~~

\$1,184

Experience the ultimate in skin hydration with the Guinot Hydra Summum Treatment. This luxurious 85-minute session features a high concentration of Hyaluronic Acid, designed to plump and deeply moisturise your skin. After the treatment, your skin will feel exceptionally hydrated, with fine lines and wrinkles visibly reduced.

活肌水凝療程〔1小時25分鐘〕

體驗 Guinot Hydra Summum 護理療程的終極肌膚補水效果。這款 85 分鐘的尊貴療程含有高濃度玻尿酸，旨在豐盈並深層滋潤你的肌膚。療程後，皮膚會感覺異常水潤，細紋及皺紋明顯減少，肌膚變得豐潤，重新煥發活力。

To make your appointment with one of our expert Spa Therapists, please call the Spa Reception on 2118 1890.
預約療程請致電 2118 1890。

How to Breathe When Lifting Heavy Weights

進行重量訓練時該如何呼吸

When weight training, people often focus on weight selection, exercise order, posture, and movement speed, but breathing is just as important. Proper breathing improves strength, stability, and overall performance, yet it is often overlooked. Breathing supplies oxygen, removes carbon dioxide, and helps stabilise the body during heavy lifts.



Chest vs. Abdominal Breathing

Chest breathing fills the upper lungs and is common when the body is under stress, while abdominal (diaphragmatic) breathing expands the lower lungs and is more efficient for training and endurance.

Three Breathing Methods in Weight Training

1. Synchronized Breathing

This is when breathing is matched to each repetition, with one breath per movement. For heavy lifts like a bench press, inhale as you lower the weight to stabilise the chest and core, then exhale as you press up for power. For lighter lifts such as curls or lateral raises, a quicker inhale on contraction and a slower exhale on release can improve focus and muscle control.

2. Asynchronous Breathing

Here, breathing is not tied to every repetition. For near-maximal lifts like squats or deadlifts, take a deep breath before starting, hold briefly to brace the spine, then exhale after passing the sticking point. This approach maximises stability and power.

3. Free Breathing

Free breathing means allowing the breath to flow naturally without a strict rhythm. It works best for warm-ups or light accessory exercises, where stability demands are low and the goal is steady movement.

Be Cautious of the Valsalva Maneuver

Holding your breath while exerting force increases chest pressure, stabilises the spine, and helps with heavy lifts. However, it can also raise blood pressure sharply and cause dizziness. Limit breath-holding to no more than two seconds, and avoid it entirely if you have high blood pressure or certain heart conditions, and if you have any cardiovascular, respiratory, or other medical concerns, consult a qualified healthcare professional before attempting this technique.

Breathing for Different Exercises

Breathing changes with each type of exercise. Using the right pattern can improve stability, endurance, and efficiency. Here are examples of how to breathe for different workouts.

Chest Training

Example: Bench Press. Inhale as you lower the bar (chest expands), exhale as you press up (chest contracts). This maximises muscle engagement and stability.

Abdominal Training

Example: Crunches. Take a deep breath before starting to increase abdominal pressure. Keep breathing with the chest during the movement to maintain core tension. Exhale when curling up, inhale when lowering.

Back Training

Example: Pull-ups. Exhale as you pull up (muscle contraction), inhale as you lower (muscle stretch), keeping the core engaged.

Running

Common methods include “two inhales, two exhailes” or “two inhailes, one exhale” for experienced runners. Beginners may use “three steps inhale, three steps exhale” to match rhythm and oxygen needs.

HIIT

Oxygen demand is extremely high. Take deep breaths before starting, then breathe as naturally and frequently as possible during the workout.

Stretching

Exhale slowly as you move deeper into a stretch to help muscles and ligaments relax.

Yoga

Uses slow, deep breathing to support each pose and improve focus.

Breathing directly influences strength, stability, and endurance. By applying the right method to each type of exercise, you can train more effectively and protect your body.



By Personal Trainer, Derek Ma

撰文：私人健身教練 – Derek Ma



在進行重量訓練時，大家一般都會專注重量的選擇、訓練部位的順序、身體姿勢和動作速度等，但呼吸也同樣重要。正確的呼吸可以提高力量、穩定性和整體表現，但卻常常被忽略。呼吸是為身體提供氧氣並排出二氧化碳，有助於調節酸鹼平衡和體溫，也會影響舉重過程中的穩定性。



胸式呼吸與腹部（橫膈膜）呼吸

胸式呼吸使空氣充滿肺的上半部，這種呼吸方式常見於身體處於壓力之下時；而腹部（橫膈膜）呼吸可以擴張肺的下半部，更有利於訓練和提升耐力。

重量訓練時的三種呼吸方法

1. 同步式呼吸

同步式呼吸是指動作要與呼吸完全配合，每個動作都呼氣一次。

對於臥推等重量級動作，下放重量時吸氣以穩定胸部和核心肌群，上推時呼氣以增強力量。對於彎舉或側平舉等重量較輕的動作，肌肉收縮時吸氣較快，釋放時呼氣較慢，可提高專注力和肌肉控制力。

2. 不同步式呼吸

使用這種方法，呼吸不會直接與每次動作同時進行。

對於深蹲或硬舉等接近極限重量的舉重動作，開始前深吸一口氣，然後短暫屏住呼吸以支撐脊柱，再在突破關鍵一刻後呼氣。這種方法可以讓你在保持軀幹穩定的同時產生最大力量。

3. 自由調節式呼吸

自由調節式呼吸意味著讓呼吸自然流動，無需嚴格的節奏限制，在進行熱身運動或輕度輔助練習這一類對穩定性的要求較低，且目標是維持動作穩定時，最適合使用自由調節式呼吸。

小心「努責現象」

用力時屏住呼吸可以增加胸腔壓力，穩定脊柱，並有助於舉起重物。然而，這也可能導致血壓急劇升高並引起頭暈。屏住呼吸的時間應限制在兩秒以內，如果你患有高血壓或某些心臟疾病，請完全避免屏住呼吸。如果你有任何心血管、呼吸系統或其他醫療問題，請在嘗試此技巧前先諮詢合格的專業醫療保健人員。

不同運動的呼吸方式

不同運動的呼吸方式也有所不同。正確的呼吸模式可以提高穩定性、耐力和效率。以下是不同訓練的呼吸範例。

胸部訓練

以臥推舉為例，下放槓鈴時吸氣（胸部擴張），上推時吐氣（胸部收縮）。這可以最大限度地提高肌肉參與度和穩定性。

腹部訓練

以上卷腹為例，開始前深吸一口氣，增加腹部壓力。動作過程中採用胸式呼吸，保持核心肌群緊張。卷腹時呼氣，躺下時吸氣。

背部訓練

以引體上升為例，引體上升時呼氣（肌肉收縮），下放時吸氣（肌肉伸展），保持核心肌群收緊。

跑步

對於經驗豐富的跑者來說，常見的方法是「兩次吸氣，兩次呼氣」或「兩次吸氣，一次呼氣」。初學者可以根據節奏和氧氣需求，採用「三步一呼，三步一吸」的呼吸方式。

高強度間歇訓練

這是一種耗氧量極高的運動。開始前深呼吸，並在運動過程中盡可能自然且頻密地呼吸。

伸展運動

在進行更深入的伸展時緩慢呼氣，以幫助肌肉和韌帶放鬆。

瑜伽

用緩慢的深呼吸來支撐每個姿勢，並提高專注力。

呼吸會直接影響力量、穩定性和耐力。透過針對每種運動類型運用正確的呼吸方法，可以更有效地訓練並保護你的身體。



Introducing Tree Ma... New Coach of Stretching Exercises and Jazz Dance

為大家介紹 Tree Ma... 新任伸展運動及爵士舞教練



Tree Ma joins the Pacific Club as a new coach specializing in stretching exercises and professional jazz dance

With over 15 years of dance teaching experience and a decade dedicated to specialised stretching classes, Tree combines technical expertise with a passion for helping members improve flexibility, strength, and performance.

His dynamic teaching style and commitment to excellence promise to bring fresh energy and inspiration to the Club.

歡迎 Tree Ma 加入太平洋會，擔任伸展運動及專業爵士舞教練。

Tree Ma 擁有超過15年的舞蹈教學經驗，並專注於教導伸展拉筋運動長達10年，他將專業技術與熱情相結合，幫助學員提升柔韌性、力量及表現。

他充滿活力的教學風格及對卓越的追求，必將為會所注入新的活力及鼓舞。

Water Aerobics 水中健康舞班

Join our Water Aerobics classes to build cardiovascular fitness and strength whilst being low-impact on your joints. We offer various classes throughout the week.

前來參加本會的水中健康舞班，可加強心血管健康及力量，同時減少關節問題。課程於星期二及五舉行。



Morning Water Aerobics

Date : (A) Tuesday 2nd, 9th, 16th, 23rd & 30th September
(B) Friday 5th, 12th, 19th & 26th September
Time : (A) 10:00am – 11:00am
(B) 11:00am – 12:00noon
Venue : Swimming Pool
Price : Member \$875, Guest - \$1,475 (for 5 lessons)
Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 2nd, 9th, 16th, 23rd & 30th September
(B) Friday 5th, 12th, 19th & 26th September
Time : 3:00pm – 4:00pm
Venue : Swimming Pool
Price : Member \$175 daily / \$1,650 per 10 classes
Guest \$295 daily
Age : 14 years and above

Evening Water Aerobics

Date : Tuesday 2nd, 9th, 16th, 23rd & 30th September
Time : 7:00pm – 8:00pm
Venue : Swimming Pool
Price : Member \$875, Guest - \$1,475 (for 5 lessons)
Age : 14 years and above



Meet Our New Swimming Coaches

認識我們的新任游泳教練

We are pleased to welcome three outstanding professionals to our coaching team here at the Pacific Club: Stephen Tsui, Kary Suen, and Tiffany Yip. With extensive experience, proven results, and a shared passion for teaching, they are ready to support swimmers of all ages and levels from August 2025.

Fluent in English, Cantonese, and Mandarin, Stephen, Kary, and Tiffany offer a personalised and accessible approach to instruction. Whether you are just starting out or training at a competitive level, our new coaches are committed to helping you build confidence, improve technique, and reach your full potential in the pool.

我們熱烈歡迎3位傑出的專業游泳教練加入太平洋會的教練團隊：Stephen Tsui、Kary Suen 及 Tiffany Yip。他們經驗豐富，在其專長上成績斐然，並對教學充滿熱情，將於2025年8月起為本會各年齡層、各級程度的游泳學員提供指導。

Stephen、Kary 及 Tiffany 能說流利英語、廣東話及普通話，提供個人化且易於理解的教學方法。無論你是希望學習基本技巧的初學者，還是已達到競技水平想要精進技術，我們的新教練都將致力於幫助你建立自信、提升技巧，並在泳池中充分發揮你的潛能。



Stephen Tsui

With over 25 years of coaching experience, Stephen works with swimmers from early learners to elite competitors. His deep knowledge of all four strokes, combined with strong communication skills, allows him to identify and correct technique errors effectively. Many of his students have gone on to break school records and earn top honours in competitions.

Stephen擁有超過25年的教學經驗，曾指導過各種從初學者到頂尖級別的游泳選手。他對4種泳姿的深入了解，加上卓越的溝通能力，使他能夠有效地識別並糾正技術錯誤。他的多位學生都曾經在學界比賽中打破紀錄，並在不同比賽中屢創佳績並榮獲多個獎項。



Kary Suen

Kary brings 15 years of expertise in structured swim training, aquatic fitness, and water-based stretching. She specialises in custom programmes that cater to swimmers of all ages and abilities, with a focus on stroke development, endurance, and overall performance.

Kary在全面的游泳訓練、水上健體課程及水中伸展運動方面擁有15年的專業經驗。她擅長為不同年齡層及技術水平的學員設計個人化的訓練計劃，著重於泳姿技巧、耐力訓練及整體表現提升。



Tiffany Yip

A former member of the Hong Kong Fin Swimming Team, Tiffany has over 15 years of coaching experience and a strong background in competitive swimming. Her strategic guidance, motivational style, and technical insight enable swimmers to refine their skills and progress with confidence.

Tiffany曾是香港蹼泳隊成員，擁有超過15年的教學經驗，並在競技游泳領域擁有深厚的知識。她的策略性指導、激勵學員的風格，及對技術的深刻見解，均能幫助游泳學員提升技能，並增強自信。



To book a swimming lesson, please contact the 2/F Reception on 2118 1890.
預約游泳課程，請致電 2118 1890 與二樓接待處聯絡

Yuk Sau Fung

玉秀峰



A minor peak behind a newly built district of Tai Po offers wonderful views over Tolo Harbour and across rolling green hills to Pat Sin Leng.

This is a rather challenging hillside hike – all up then all down – but it is on a clear trail of paved steps almost all the way. Walking time: 2.5 hours.

Take the East Rail to Tai Wo MTR station, leave by Exit A and go down the stairs to the bus station, and board the 71K bus. Ride it for seven stops and get off at Heng Wing House in the newish Fu Heng estate.



Walk straight ahead from the bus stop, cross the second zebra crossing on your right, and turn left to walk past the orange Social Service Building. Take the next turning. Here ahead you will see a flight of steps ascending the hillside.

There's noisy building work going on at street level, but as you climb the steps into the cover of the forest, the din of the city gradually falls away. Side paths lead off here and there, but keep going up.

A hexagonal rest pavilion gives you a chance to stop for a breather, and then, a little further up, the tree cover diminishes to give you your first glimpse of the Ma On Shan ridge across the blue expanse of Tolo Harbour. Off to the right, there's the giant shape of Tai Mo Shan, Hong Kong's tallest mountain, with its summit touched by wispy clouds on our August outing.

After a third pavilion, the paved trail reverts to stone and earth. You emerge onto a clearing with makeshift benches and shelters. Keep going up. Another flight of steps brings you up to a vantage point where you can see the tip of Cloudy Hill far above, and the ridgeline of the Pat Sin Leng range of mountains stretching far away towards Plover Cove and small islands in the east.

Your final climb brings you up to a trig point where somebody has helpfully daubed the name of this peak: Yuk Sau Fung. You have climbed 288 metres above sea level. Turn left to start your descent. This is mostly on wooden steps, but some parts have been washed

away and you have to jump across stones and mud. As you walk, you're looking west at the Lam Tsuen valley.

Eventually you arrive at a hilltop exercise area with benches placed for walkers to enjoy the view. A sign points left to Tai Po Tau. Follow it downhill.

From here on it's easy going, with views all around, until the trail ends at Tai Po Tau village. Turn right at the public toilet, and then keep right, to walk across the front of the village to its ancestral hall, known as King Law Ka Shuk, which is probably 300 years old and worth a look.

A little further on, there's a rock inscribed with the name of the village, and from here signposts will point you the rest of the way back to Tai Wo MTR station.



這座位於大埔新發展區後方的小山峰，坐擁吐露港的壯麗景色，越過連綿起伏的綠色山丘，遠眺八仙嶺。

這是一場頗具挑戰性的攀山遠足 — 先上後下 — 但幾乎全程都是鋪砌好的梯級，步道清晰可見。步行時間：2.5 小時。

乘搭東鐵至太和站，從 A 出口離開，下樓梯至巴士站，乘搭 71K 巴士，經過 7 個站後，在富亨邨亭榮樓下車。



從巴士站直走，橫過右手邊第二條斑馬線，左轉，經過橘色的社區中心大樓。在下一個路口轉彎。在這裡，你會看到一段通往山坡的梯級。

這裡的建築工地上嘈雜不堪，但當你拾級而上，步入樹林深處時，城市的喧囂便漸漸消散。雖然有一些岔路通往四面八方，但都是向上延伸。



一個六角形的休息亭讓你有機會駐足喘息。再往上走，樹木逐漸稀疏，映入眼簾的是馬鞍山的山脊，它橫跨吐露港蔚藍的海面。右手邊是香港最高峰大帽山的巍峨身影，我們於 8 月出遊時，山頂被一縷雲彩籠罩著。

在經過第三個涼亭後，鋪砌好的小路又變回土石路。你會來到一片擺放著臨時搭建的長椅和遮蔽處的空地。繼續往上走。再踏上一段梯級，你就能到達一個有利位置，可以看到遠處九龍坑山的山尖，以及八仙嶺山脈的山脊，一直延伸到船灣和東邊的小島。

最後你會攀登到一個三角點，有人在這裡為這座山峰起了一個好聽的名字：玉秀峰。你已攀登至海拔 288 公尺。左轉開始下山。這段路大部分是木製梯級，但有些地方已經被沖毀，你必須跳過石頭和泥土前進。步行時，你會眺望著西面的林村山谷。

最終，你會抵達山頂的活動區，那裡擺放著長椅供步行者休息欣賞美景。有一個路標指向左邊的大埔頭，沿著路標下山。

從這裡往下走，路況很好，四周景色宜人，直達小路的盡頭大埔頭村。在公共廁所右轉，然後靠右行走，穿過村子前方到達村裡的祠堂 — 敬羅家塾。這座祠堂大概有 300 年歷史，值得一看。

再往前走一點，你會看到一塊刻有村名的岩石，從這裡出發，路標會指引你返回太和東鐵站的方向。



Basketball Private Lessons

Take your game to the next level with private basketball coaching at the Pacific Club.

Tailored to your experience and goals, each session focuses on skill development, technique, and game awareness. Whether you are just starting out or working to improve specific areas like shooting, footwork or defence, our professional coach will guide you with targeted drills and expert feedback. One-on-one training offers the fastest way to grow as a player.

Private Lessons (1pax)	私人課程 (一人)
1-hour : \$650 per person	一小時課程 : 每位\$650
1½hour : \$900 per person	1½小時課程 : 每位\$900
Private Lessons (2pax)	半私人課程 (二人)
1-hour : \$900 per session	一小時課程 : 每堂\$900
(Additional participant: \$200/pax, up to 8 pax)	(額外參加者 : 每堂/每位\$200, 上堂人數最多8位)

Contact the 4/F Tennis Reception on 2118 1707 for booking details.
預約私人籃球課堂，請致電 2118 1707 向四樓網球部查詢。

私人籃球課堂

在太平洋會的私人籃球教練指導下，將你的籃球水平提升到新的高度。

每節課程均會根據你的經驗和目標度身定制，專注於技能發展、技巧和比賽意識。無論你是初學者，還是正在努力提升投籃技巧、控球、步法和防守能力，我們的專業教練都會為你提供有針對性的一對一訓練指導，幫助你快速成長。



By Craig Norris

www.momentsbycraig.com

From Precision to Expression in Photography

攝影的精準及表達

To make learning more manageable for my photography students, I split the course into two distinct modules: Technical and Artistic.

The Technical module covers the fundamentals of how a camera functions, as well as the principles behind lighting accessories. Once the theory is understood, students progress to operating the camera system confidently, mastering its controls and adjustments. The goal is for each student to produce images of high technical quality.



Ho Fan

Technical merit is achieved when photographs are sharply focused in the right areas, well exposed so they are neither too bright nor too dark, and rendered with a high degree of colour accuracy. With regular practice, most students can reach technical proficiency within a few months. However, technical skill alone does not guarantee that a photograph will be visually compelling.

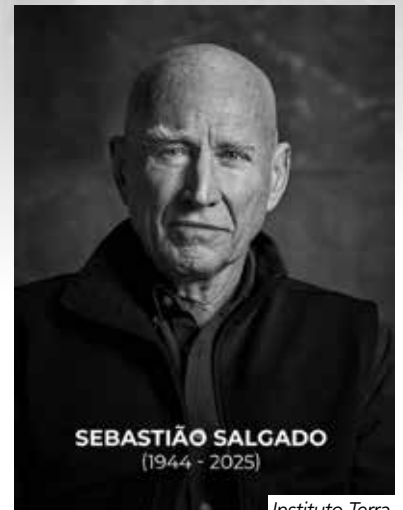


Instituto Terra

When your photos have reliably achieved a high technical merit, it then becomes a life-long pursuit to achieve high artistic merit. The next step is to develop artistic merit, a journey that can last a lifetime. I can spark that journey in a single lecture, but from there it becomes a process of learning through practice, exploration, and observation.

Part of that process is to study the work of the masters. When you look at a Rembrandt painting, ask yourself "Why is it beautiful?" and "Why does it impress me?"

The same applies to photography. Sebastião Salgado, one of the world's greatest photographers, passed away on 23rd May this year at the age of 81. If you are unfamiliar with his work, I encourage you to explore it. His images are rich with lessons for any aspiring photographer.



為了讓我的學生能夠更容易學習攝影，我將課程分為兩個不同的部分：技術性和藝術性。

在技術性方面，它涵蓋了關於相機運作及照明配件的基本原理。理解理論後，學生將能夠自信地操作相機系統，並掌握其控制和調整方法，目標是讓每位學生都能拍攝出高品質的影像。

當照片在正確的區域清晰對焦、曝光適中（既不過光也不過暗），並呈現高度精準的色彩時，技術水平就達到了最高點。透過定期練習，大多數學生都可以在幾個月內達到技術熟練的水平。然而，單靠技術並不能保證照片具有視覺上的吸引力。



Rembrandt Christ in the Storm

當你的照片在技術上達到某個高水平後，追求藝術上的卓越表現就成為你畢生的目標了。因此，下一步就是提升藝術價值，這是一個可以持續一生的旅程。我可以用一堂課來激發這段旅程，但從那時起，它就變成一個透過實踐、探索和觀察來學習的過程。

這過程的其中一部分就是研究大師的作品。當你欣賞 Rembrandt 的畫作時，會問自己：「它為何美麗？」，以及「為什麼它讓我印象深刻？」

攝影也是如此。Sebastião Salgado 是世界上最偉大的攝影師之一，於今年 5 月 23 日去世，享年 81 歲。如果你不熟悉他的作品，我鼓勵你去探索一下，研究他的作品對任何有抱負的攝影師來說都能獲益良多。



Zhang Yimou

Mastering the Draw Shot: Boosting Your Drive Distance

掌握左曲球：提升發球距離的技巧



By the Club's Golf Professional,
Lau Yat Hung, Alain

On the golf course, hitting a draw shot, a ball that curves gracefully from right to left, adds not only an elegant arc to your shot but also significantly increases your driving distance. This shot requires precise setup and swing mechanics. Below is a detailed guide on how to achieve a perfect draw through ball position, alignment, and swing technique.

Start by placing the ball a little closer to your front foot (left foot for right-handed golfers). This helps you hit the ball on a slightly upward angle, which gives it more lift and distance. This position is the first step to creating a draw and helps the ball stay in the air longer.

Next, stand with your body and feet aimed slightly to the right of your target. This closed stance encourages your swing to move from inside to outside, which is the key to making the ball curve. It also helps your body move naturally along the correct path for the shot.

When you swing, keep the club moving on a flatter path. At the top of your backswing, the club should be low and behind your shoulders. This flatter swing makes it easier to create the smooth curve of a draw.

As you hit the ball, turn the clubface slightly closed toward your target. This puts left spin on the ball, making it curve from right to left while keeping good distance and direction. This move takes practice, but once you master it, your drives will be both longer and more accurate.

Mastering these techniques will help you hit a consistent draw that combines extra distance with greater control. Whatever your level of experience, sharpening these skills can give you an edge on the course. Next time you play, put them to use and watch your drives become a standout feature of your round.



在高爾夫球場上，能擊出由右向左彎曲的左曲球不僅為球路增添一抹優雅的弧線，更能有效提升開球距離。這種球路需要精準的設定與動作配合，以下將為大家詳細介紹如何透過球位、站姿及揮桿技巧，完美實現左曲球。

首先是球位的設定。將球放置靠近前腳（右撇子的左腳）的位置，能讓擊球時產生更大的上行角度，進而提升球的飛行距離。這簡單的調整為左曲球奠定了基礎，讓球在空中停留更長時間。

接著，身體站姿應微微朝目標右側對齊，形成一個略為關閉的站位，引導你的揮桿路徑由內向外，這是打造左曲球的核心要素之一。這種站姿亦能幫助你的身體在揮桿時更順暢地沿著預設的路徑移動，為球路弧線創造條件。

在揮桿過程中，保持球桿沿著較平坦的路徑移動。揮桿應遵循由內向外的路徑，同時確保揮桿平面較為平坦。在上桿至頂點時，球桿應保持較低的位置，並位於肩膀後方。這種較平的揮桿更容易打出流暢的左曲球弧形軌跡。

在擊球瞬間，將球桿面稍微轉向目標，賦予球適當的左旋。這個動作能讓球在飛行中由右向左彎曲，同時保持穩定的距離與方向。這種面控制需要反覆練習，但一旦掌握，你的擊球就會更遠、更準確。

透過掌握以上技巧，你不僅能持續擊出穩定的左曲球，還能有效增加開球距離，讓球路更具控制力。無論你的經驗程度如何，磨練這些技能都能讓你在球場上佔盡優勢。下次踏上球場時，不妨運用這些技巧，見證你的開球成為整場比賽的亮點！

Golf Private Lessons

高爾夫球私人課堂

With the Club's Golf Professional Lau Yat Hung, Alain

Our experienced Golf Pro offers private lessons to really improve your game. Whether you are a beginner or a low handicapper, these lessons can make a huge difference to your technique.

不論你是初學者還是高手，想進一步改善及提升高爾夫球技術的話，歡迎前來參加由本會專業私人教練劉日洪（Alain）教授的私人高爾夫球課堂。

Contact the 4/F Tennis Reception on 2118 1707 for booking details.
預約及查詢，請致電 2118 1707。

Private Lessons (1 pax)

私人課程（一人）—

1-hour 一小時課程	\$760 per person 每位\$760
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Package of 4, 1-hour lessons 4 堂一小時課程	\$2,900 per person 每位\$2,900
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Semi-Private Lessons (2 pax)

半私人課程（二人）—

1-hour 一小時課程	\$430 per person 每位\$430
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Package of 4, 1-hour lessons 4 堂一小時課程	\$1,600 per person 每位\$1,600
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Junior Taekwondo

Join our Junior Taekwondo Classes this September and develop strength, agility and discipline while learning essential techniques. Our ongoing Taekwondo classes are a great opportunity for children to progressively learn this martial art, with participants taking various examinations to advance through the belt rankings. New children are always welcome.

少年跆拳道

參加9月份的少年跆拳道班，在學習基本技巧的同時培養力量、敏捷性和紀律性。課程將教授套拳、對策、搏擊等技巧以及體能訓練，學員更可經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期六舉行，適合4歲及以上的會員參加，9月份4堂收費——會員\$720，非會員\$760。歡迎新學員參加！

Date : Saturday 6th, 13th, 20th & 27th September
Time : 4:00pm – 5:00pm (All levels)
Venue : Aerobics Room
Price : Member \$720, Guest \$760 (for 4 lessons)
Age : 4 years and above



Rope Skipping Class

Keep your kids active and energised with our weekly Rope Skipping Class for ages 7 to 12. These lively sessions help improve coordination, balance and fitness while making exercise fun.

花式跳繩班

參加於星期日為7-12歲會員開設的花式跳繩班，讓他們保持衝勁和活力。這個生動活潑的課程有助提高他們的協調性、平衡性和體能，同時讓運動變得有趣。9月份4堂收費——會員\$720，非會員\$760。

Date : Sunday 7th, 14th, 21st & 28th September
Time : 4:30pm – 5:20pm (50 mins)
Venue : Aerobics Room
Price : Member \$720, Guest \$760 (for 4 lessons)
Age : 7 – 12 years



Wall Climbing

We invite children aged 6 to 10 to take part in the Club's Wall Climbing Class, held on selected Saturdays. Sessions include a range of activities and challenges to develop climbing skills. Participants improve strength, coordination and focus, while building confidence on the wall.

運動攀石訓練班

歡迎6-10歲的會員參加本會於星期六舉行的運動攀石訓練班。課程包含一連串活動和挑戰，旨在提升學員的攀石技能，提升力量、協調性和專注力，並增強攀石的信心。9月份兩堂收費——會員\$450，非會員\$570（包括課程當日的兒童遊戲室入場費）。

Date : Saturday 20th & 27th September
Time : 2:00pm – 3:30pm
Venue : Children's Playroom (Climbing Wall)
Price : Member \$450, Guest \$570
(for 2 lessons, including Children's Playroom entrance fee)
Age : 6 – 10 years



English Drama Academy

Led by an experienced instructor, this dynamic class combines storytelling, role-play, script writing, dance, speech, prose and narration. It is designed to spark creativity, strengthen language and communication skills, enhance problem-solving abilities and build self-confidence in every participant.

英語話劇訓練班

本會的英語話劇訓練班由經驗豐富的導師指導，透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，來激發學員的創造力、提高語言及溝通技巧、增強解決問題的能力，並建立自信心。課程於星期一下午舉行，適合3-12歲的會員參加，9月份4堂收費——會員\$800，非會員\$840。

Date : Monday 8th, 15th, 22nd & 29th September
Time : (A) 5:30pm – 6:30pm
(B) 4:30pm – 5:30pm
Venue : Gym Activities Room
Price : Member \$800, Guest \$840 (for 4 lessons)
Age : (A) 3 – 5 years
(B) 6 – 12 years



Kids' Open Fun Session Timetable in September

9月份兒童樂趣活動時間表

SESSION	DATE	TIME	AGE
Green Arts & Crafts	Saturday, 20th September	3:00pm – 4:00pm	4 – 10

Junior Badminton Lessons

Our Junior Badminton Programme is open to players aged 6 to 16 and welcomes all skill levels. Led by experienced coaches, these group classes focus on developing technique, agility and game strategy to help each child enhance their performance on the court.



少年羽毛球 – 團體訓練班

本會羽毛球訓練班於星期五晚上舉行，專為6-16歲的會員而設。在專業導師的指導下，學員將可以專注於培訓技術、敏捷性和比賽策略，提高在球場上的表現。9月份4堂收費 — 會員\$1,040，非會員\$1,080。

Date : Friday 5th, 12th, 19th & 26th September

Time : (A) 6:30pm – 7:30pm
(B) 7:30pm – 8:30pm

Venue : Aerobics Room

Price : Member \$1,040, Guest \$1,080 (for 4 lessons)

Age : (A) 6 – 10 years
(B) 11 – 16 years

Junior Badminton Lessons (Private)

Help your child take their badminton skills to the next level with personalised coaching in a one-on-one setting. Our experienced coach will tailor each session to suit your child's needs, building confidence and improving technique.

Private Lessons

1pax: \$700/hour (including court hire)

2pax: \$900/hour (including court hire)

少年羽毛球 — 私人課程

讓孩子學習羽毛球知識及提升個人技巧，歡迎報名參加本會的私人羽毛球班，由經驗豐富的專業羽毛球教練針對每位學員的獨特優點、缺點及目標而度身設計適合他們的課程。

私人課程收費（包括場租）

一人：\$700 / 每堂一小時

二人：\$900 / 每堂一小時



Miniature Dessert Clay Workshop

Get creative this September with a hands-on workshop that is as sweet as it looks. Learn how to sculpt tiny, mouth-watering desserts from clay, including colourful jellies, swirled ice creams and dainty cakes, all in miniature form.

Join us and create your very own collection of adorable summer display treats.

迷你夏日甜品黏土工作坊

今年夏天，前來親手製作可愛的迷你甜品模型，盡情發揮你的創意吧！在這個充滿樂趣的活動中，你將學習如何運用黏土製作令人垂涎欲滴的迷你夏日甜點，包括色彩繽紛的雪糕、果凍及精緻的蛋糕等，打造精緻細膩的小小藝術品。工作坊將於9月14日（星期日）舉行，適合5歲及以上的會員參加，一堂收費 — 會員\$200，非會員\$320（包括課程當日的兒童遊戲室入場費）。

Date : Sunday, 14th September

Time : 2:30pm – 3:30pm

Venue : Children's Playroom Library

Price : Member \$200, Guest \$320
(including Children's Playroom entrance fee)

Age : 5 years and above



Spot the Animals!

In this forest scene, some animals look slightly different from the others of their kind. Can you find the three animals with special features that set them apart? Circle them. 在森林裡，有三隻與同類略有不同的動物。你能找出牠們嗎？

Win a Fabulous Prize

Fax your answer to the Editor at Fax No. 2118 0209 or pass your entry to the 2/F Reception. All correct entries will be placed into a draw to be held on Tuesday, 30th September. The winner will receive a fabulous prize.

贏取精美禮品

請將答案傳真至2118 0209或交回二樓接待處。所有答中的小朋友均可參加於9月30日（星期二）舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____

Sudoku® Puzzles by Pappocom

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

玩法：在圖上的每一直行、每一橫列、每個獨立九宮格內填上數字1至9，每行、列及九宮格內數字不可重複出現。

Tips and computer program at 遊戲貼士及下載可瀏覽網頁：www.sudoku.com

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Wednesday, 17th September. Alternatively, you may pass your entry to the 2/F Reception Desk. All correct entries will be placed into a draw. The winner will receive a Set Dinner/Buffer for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in October. Good Luck!

請於9月17日(星期三)前將答案傳真至 2118 0206、電郵至vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於10月份(星期一至四，特別節日活動除外)到 The Island View 餐廳享用二人晚市套餐或自助晚餐。祝各位好運！

				3	7			
		5	2	1			8	
9	4						2	
						8		5
	2	7				6	3	
5		1						
	6						1	8
	3			7	5	4		
			8	4				

Name 會員姓名：_____

Membership No. 會員編號：_____

Contact Tel. No 聯絡電話：_____

*Please note only one entry will be accepted per Membership 每個會籍只限參加一次

8	9	1	2	6	7	4	3	5
3	7	6	4	5	9	8	2	1
4	2	5	3	8	1	7	6	9
6	4	7	5	9	8	2	1	3
5	1	2	6	3	4	9	8	7
9	8	3	7	1	2	6	5	4
2	5	9	1	4	6	3	7	8
7	3	8	9	2	5	1	4	6
1	6	4	8	7	3	5	9	2

August Solution

8月份遊戲答案

Congratulations to the winner of last month's puzzle

恭喜上期得獎者

Ms Elena Shih

Mango Madness

Premium Smoothies

芒果狂熱 — 美味沙冰

Brighten your day with the vibrant taste of Mango in three irresistible smoothie blends.

\$68 per glass

Available in all outlets throughout September.

三款與其他口味混合調配而成的芒果沙冰，令人無法抗拒，為你的一天帶來一抹鮮豔色彩。

每杯 \$68

9 月份在所有餐廳及酒吧供應

PASSIONATE MANGO

Mango 芒果
Yoghurt 乳酪
Passion Fruit 百香果

MATCHA MANGO

Mango 芒果
Matcha 抹茶
Avocado 牛油果

MAD MANGO

Mango 芒果
Coconut 椰子



Live Sports at the Club Bar

會所酒吧直播精彩體育賽事

Club Bar Opening Hours:
Daily: 11:00am - 11:00pm

From Premier League football and rugby to world class tennis, the thrill of Formula One and many more sports...catch all the action live on our big screen.

Enjoy **Live Sports** accompanied by your favourite drinks and bar snacks served throughout the day.

Call the Club Bar on 2118 1845 for more details.

從英超足球聯賽和欖球，到世界級網球賽事、激動人心的一級方程式賽車，以及更多精彩體育賽事...都在我們的大螢幕上播放。

同時全日供應你喜愛的飲品和酒吧美食，讓你盡情享受現場體育賽事的緊張氣氛。

查詢詳情請致電 2118 1845。

酒吧營業時間：每日上午 11 時至晚上 11 時





The Rainier Club Seattle, Washington, USA

Founded in 1888, The Rainier Club is Seattle's oldest and most distinguished private club. Its Tudor-Revival clubhouse, completed in 1904, is a landmark on the National Register of Historic Places.

Located in the heart of the city's business district, the Club has long been a gathering place for leaders in business, the arts, and public life. Elegant dining rooms offer seasonal menus showcasing the best of Pacific Northwest produce, while more casual settings provide a relaxed space for members to meet and socialise. The club's extensive calendar of cultural, social, and networking events keeps the Club at the centre of Seattle's community life.

Facilities at the Rainier Club include a boutique Health Club with 24-hour access, well-equipped fitness areas, Pilates studio, personal training, sauna, and massage services. The newly created coworking space, Merker Hall, offers private booths, adjustable desks, coffee service, and a welcoming fireplace for both focused work and informal meetings. Ten versatile event rooms, from the grand Rainier Room to the intimate Wine Room, cater to gatherings of all sizes.

Overnight accommodation is available in a selection of well-appointed rooms, providing a convenient and comfortable retreat in the city centre.

When your travels take you to Seattle, be sure to obtain a Letter of Introduction for The Rainier Club, a place that warmly welcomes Pacific Club Members.



The Rainier Club 成立於 1888 年，是西雅圖歷史最悠久、最顯赫的私人會所。以都鐸復興風格建成的會所建築於 1904 年竣工，現已被列入美國國家史蹟名錄中。

會所位於西雅圖商業區的中心地帶，長期以來一直是商界、藝術界和公共生活領域中具有影響力人士的聚腳地。優雅的餐廳提供時令菜單，展現太平洋西北地區最優質的農產品；而更休閒的氛圍則為會員提供了一個輕鬆的聚會和社交空間。會所定期舉辦豐富的文化、社交和聯誼活動，使其成為西雅圖社區生活的核心。

在 The Rainier Club 的設施中包括一間 24 小時開放的新穎健身中心，內設有設備齊全的健身區、普拉提運動室、私人教練、桑拿和按摩服務。而全新打造的共享辦公室空間 Merker Hall 則提供私人隔間、可調式辦公桌、咖啡服務和帶來溫馨感覺的壁爐，無論是進行專注性的工作還是非正式會議，這裡都是最適合的選擇。會所還有 10 間多功能活動室，從氣派的 Rainier Room 到保持私隱的 Wine Room，均可滿足各種規模的聚會需求。

會所亦提供多種設備齊全的客房供會員住宿，讓你在市中心享受到方便舒適的休息住處。

因此若你將計劃到訪西雅圖，請攜同會所介紹信，親身體驗 The Rainier Club 為你帶來賓至如歸的服務。



The Pacific Club Spa offers tailor-made beauty treatments for gentlemen & ladies. Book your appointment today and discover the miracle of beauty!

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BETTER LIFE.

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「動能活化」
啟動內源力量



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LPG endermologie® technology gently stimulates the skin to reactivate dormant cellular activity. **100% Natural and painless**, it provides visible results instantly with zero side effects. Over 200,000 people choose this technology every day.